

HAPPY FATHER'S DAY!

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Serving The Greater Metropolitan Newark Area Since 1983

June 14-June 20, 1995

INSIDE

HEARTBEAT

Summer fun and fitness

A salute to Black Music Month
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Power retailing not just for large firms
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Properties stand in way of Teppers project

by Sherry Burrus

PLAINFIELD—Last August, Mayor Mark Fary wanted action on the Teppers project, the construction of a mini-mall, residential and office building in the downtown section of Plainfield.

In March of this year, action began, or so we thought, as a ground breaking ceremony took place.

Now, it seems, it's back to the drawing board as city council members are banking on nearly \$1 million in capital improvement funds to purchase five properties which stand in the way of the otherwise alleged project.

The city council has included \$919,000 in their proposed 1996 capital budget in order to negotiate deals with the five property owners. Appraisals have been done on the properties. The highest price, \$299,000 is due to the building being fully occupied.

See TEPPERS/page 7

AT&T underwrites Bobby McFerrin concert

NEWARK—Twenty-one Newark-based organizations have been given a unique opportunity to raise funds for their community efforts thanks to a creative grant from AT&T.

AT&T, a long a leader in underwriting the arts, has taken sponsorship to a new level by purchasing all tickets to the Bobby McFerrin/New Jersey Symphony Orchestra (NJSO) concert on June 24 at Newark's Symphony Hall and donating them to non-profit organizations.

Through this unique approach to community event sponsorship, the 21 Newark-based non-profits are selling the tickets at face value but will be keeping 100 percent of the proceeds.

Titled The AT&T Community Partners Concert, this collaborative event is funded by a \$75,000 grant from AT&T. Each of the 21 Newark organizations has been given 100 tickets to sell, with the potential to raise well over \$3,000 each.

"AT&T is building new relationships in Newark, by assisting grassroots groups in their fundraising efforts and improving their quality of life. The grant provides the tools for many worthy organizations located right in Newark to directly raise funds," explained Esther Silver Parker, vice president, Public Relations, AT&T.

"We have long been a sponsor of cultural events in New Jersey but this

See McFerrin/page 7

DAY OF THE AFRICAN CHILD

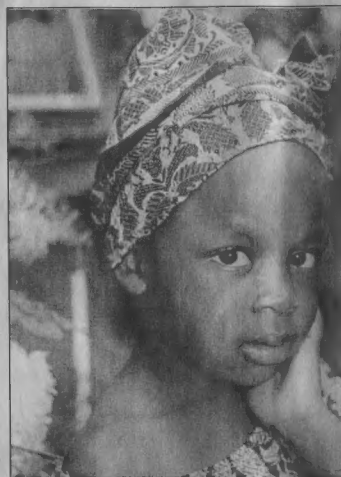


Photo by Monica Morgan

Little victims of war

Although the fighting in Rwanda has ended, the extreme violence of the recent war and consequent insecurity have created a situation in which parallel emergency and rehabilitation interventions will remain critical until at least the end of 1995.

About 1 million people killed, among them up to 300,000 children. Two million refugees in Zaire, Tanzania and Burundi are still living in deplorable conditions. One million are internally displaced, of which 350,000 are in the South West zone.

About 55 percent of Rwanda's pre-war population of 7.5 million have been directly affected by the crisis.

Up to 80,000* Rwandese children—50,000* in Rwanda itself—have either lost their parents or been separated from them.

According to a recent UNICEF survey in one part of the country, more than 90 percent of the interviewed children had to hide to survive the war, 56 percent have seen family members being killed and 80 percent saw dead bodies.

Several thousand girls and women have also been victims of rape and sexual abuse, with its high risk of exposure to AIDS, and resulting trauma.

Social service infrastructure in the country has been decimated with severe damage to health centers, schools, as well as water and sanitation systems.

Loss of skilled personnel in the areas of policy and planning, as well as in technical areas, such as doctors, nurses, teachers and engineers, is hampering the efforts being made for reconstruction and rehabilitation of the country.

*Figures quoted earlier (114,000 and 70,000, respectively) were revised at a recent coordination meeting held in Kigali.

Maree retires from Midlantic Bank



Midlantic Newark Pres. Joseph Maree.

NEWARK—Joseph Maree, 61, vice president and manager of Midlantic Bank's Park Plaza branch in Newark will retire on June 30, 1995, after 33 years of service in the

banking industry.

During his lengthy career with Midlantic, Maree has served in a variety of positions including computer operator, commercial loan officer, manager of data control and CRA (Community Reinvestment Act) officer.

Throughout his career, Maree has been very active in community organizations and activities. He currently serves as treasurer of the Urban League of Essex County and First Occupational Center of Essex County. He is a trustee of Newark Coalition of Small Businesses, The Better Business Bureau and the Community Service Council of Essex/West Hudson.

Maree was honored as Orange Township's Man of the Year in 1986 and Newark's Man of the Year in 1992. In 1980, he was selected as the

See MAREE/page 7

NEW YORK—The U.S. Committee for UNICEF, the United Nations Children's Fund, will join UNICEF and the Organization for African Unity in commemorating the Fifth Annual Day of the African Child on June 16 to advocate for greater resources and public attention for Africa. As violence poses one of the greatest threats to African children, this year's Day of the African Child campaign will explore the theme of children in armed conflict.

"The 1995 Day of the African Child commemoration gives us the opportunity to draw attention to the extraordinary challenges facing African children," stated Dr. Gwendolyn Calvert Baker, president and chief executive officer of the U.S. Committee for UNICEF. "The U.S. Committee for UNICEF will work vigorously in its education, advocacy and fund-raising initiatives to ensure the survival, protection and development of Africa's children and for children worldwide."

Children in Armed Conflict

The tragedy in Rwanda can be used as a benchmark from which to measure the impact of armed conflict on children. A study commissioned by UNICEF found that even a month after Rwandan children witnessed the bloody coup in their country, they were severely traumatized by what

they experienced. Seventy-five percent of the children interviewed in the UNICEF study had seen firsthand someone being killed, over half had seen a family member killed, and most had witnessed mass killings in schools, churches and other areas. Eighty percent of the children at some point had also feared for their own lives.

Overall, there has been a rise in the number of conflict situations around the world. UNICEF finds that 80 percent of casualties from armed conflicts are civilians, mostly women and children. In the past decade, approximately 2 million children have been killed in armed conflicts, about 12 million have been left homeless, and more than 1 million have been orphaned.

In many cases, children are not only victims as civilians, but also as soldiers. In Liberia, Somalia and the Sudan, children as young as 10 years old are said to be familiar with the use of weapons. In some areas 11-year-old boys have been conscripted

or coerced into military training.

As in previous years, the U.S. Committee for UNICEF and UNICEF—with the support of religious and civic groups and non-governmental organizations—will coordinate a variety of week-long cultural and educational programs culminating in a United Nations reception on the evening of June 16. Many of the activities are open to the public and target children as well as adults.

Among the activities planned for this year's Day of the African Child are a children's event at the United Nations to help educate U.S. school



Photo courtesy of UNICEF

children about Africa's rich cultural See AFRICAN CHILD/page 7



Photo courtesy of UNICEF

Demobilizing Rwanda's child soldiers

UNICEF, in collaboration with the government, is supporting the demobilization, education and skill training of up to 4,000 child soldiers aged 10-16 years and their reintegration into community, and foster family life.

Between 2,000 and 4,000 children between 10-16 years old have been attached to the army during the war.

Most of the children are separated from their families; many are probably orphans, or have lost at least one parent, usually their fathers.

Many of the children have witnessed killings and other acts of extreme violence. In most cases, the children were taken up by the military as it passed through their area during the war.

The objective of the program is to separate these children from their current military environment and gradually re-integrate them into schools and community life in Rwanda. During 1995, UNICEF is planning to spend U.S. \$900,000 in this effort.

affirmative action now must be applied to federal efforts. In addition to the ruling, the court also delivered a decision on a second civil rights case concerning a Kansas City, MO, federal court judge. In a 5-4 vote, the court ruled that a judge, who, in a school desegregation battle, ordered new desegregation steps because black students' test scores had not risen enough, had exceeded his authority.

Affirmative action has become one of the nation's most contentious social issues, however critics as well as Republicans have attacked it as an illegal form of "reverse discrimination."

Imprisoned children

UNICEF has finalized an agreement with the Ministry of Justice for the protection of juvenile prisoners. UNICEF will ensure, in cooperation with the Commission for Human Rights, (CHR) the respect of all imprisoned children and women with particular attention to the children accused of genocide.

* It is the first time in the history of human rights that a considerable number of children have been accused of genocide;

* In Kigali prison, there are 150 children, ages 11 to 17, accused of genocide;

* None of the detained children have yet been formally charged and some have not been informed of the charges held against them;

* There are 39 children from two months to four years with their mothers who were arrested for genocide;

* There are 160 women out of

See IMPRISONED/page 7

Supreme Court rules on affirmative action

WASHINGTON—The verdict is in. Diversity in the work place may be yesterday's news, as the Supreme Court has put its foot down restricting federal affirmative action programs for racial minorities in a June 12 ruling.

The decision was triggered by a government program which set aside construction contracts for minority businesses. In the past, 1980 and 1990, high court rulings were upheld for government programs for minorities. This 5-4 ruling may also affect a wide range of other programs including the awarding of broadcast licenses and possibly minority hiring.

Recently, President Clinton or-

dered a cautious review of existing affirmative action programs. He wanted new standards to be met before federal affirmative action programs for blacks and other minorities.

Clarence Thomas, the court's only black said affirmative action was "a racial paternalism exception to the (constitutional) principle of equal protection."

Justice Sandra Day O'Connor said federal programs can survive only if they serve "a compelling governmental interest" and are "narrowly tailored."

O'Connor also said the tough scrutiny the Supreme Court adopted in 1989 for state and local affirmative

PEOPLE

COMMUNITY CALENDAR

WEDNESDAY, JUNE 14
PLAINFIELD—"Building Parent and Teen Relationships: Teen Minds Need Our Time" education program at Muhlenberg Hospital from 7 to 9 p.m. For more info call 908-666-3150.

JUNE 14-25
MONTCLAIR—"Lost in Yonkers" at Montclair State University. For more info call 201-655-7651 or 7456.

THURSDAY, JUNE 15
EAST RUTHERFORD—Union County College hosts an "Evening At The Races" at the Meadowlands Race Track. The trip includes dinner. For more info call 908-709-7505.

THRU JUNE 15
EAST ORANGE—Kindergarten Registration at the East Orange Public Schools from 8:30 a.m. to noon. For more info call 201-266-5475.

FRIDAY, JUNE 16
NEW BRUNSWICK—"Coaching Other side Writer" workshop at Rutgers University from 9 a.m. to 4 p.m. For more info call 908-932-6869.

SATURDAY, JUNE 17
PLAINFIELD—"The Brewery Puppet Troupes 'Crowtations'" at the Black United Fund Community Center Complex at 4 p.m. For more info call 201-643-7711.

NEWARK—"Black Father's & Men's Appreciate Day" at the Newark Public Library at 2 p.m. For more info call 201-643-7711.

LINCOLN—"African-American Family Festival at Brookside Community College from noon to 6 p.m. For more info call 908-224-2000.

PLAINFIELD—Government free surplus food distribution at Hubbard High School at 9 a.m. until supplies are gone. For info call 908-753-3519.

NEWARK—"A one man poetic & musical drama, including live music, dance and poetry at 7:30 p.m. at African Globe Studio. For more info call 201-424-1584.

NORTH BRUNSWICK—"Family Fun Day" in Veterans Park from 10 a.m. to 6 p.m. For more info call 908-745-7393.

JUNE 17, 18
PATTENBURG—"Prison Food and Wine Festival at King's Road Vineyard, Rt. 579. For more info call 908-475-9872.

JUNE 19, 20, 22
NEW BRUNSWICK—"How to Succeed in Graduate School" workshop at Rutgers University from 6:15 to 9:15 p.m. For more info call 908-932-6969.

TUESDAY, JUNE 20
NEW YORK, NY—"Poetry in the Park with Bill Moyers in Bryant Park at 1 p.m. For more info call 212-560-3009.

JUNE 20-21
ATLANTIC CITY—"Annual Mid-Atlantic Hospitality show at Atlantic City's TropWorld Casino and Entertainment Resort. For more info call 800-223-9638, ext. 254.

WEDNESDAY, JUNE 21
EAST ORANGE—"Systles 4 Systles meeting" "Drug, hear the victims story" at East Orange High School at 4:15 p.m. For more info call 201-673-2193.

NEWARK—"Brotherman: The Odyssey of Black Men in America" at the Newark Public Library at 6:30 p.m. For more info call 201-733-5411.

SOUTH ORANGE—"Building Your Family Through Infant Adoption" forum at the Saint Community Center at 7 p.m. For more info call 212-369-0300.

FRIDAY, JUNE 23
WESTFIELD—"Trip to Baltimore Inner Harbor. For more info call the Rutgers Cooperative Extension at 908-654-6854. For more info call 201-955-2436.

JUNE 23-29
WAYNE—"Summer Jazz Improvisation Workshop" at William Paterson College for high school and college students. For more info call 201-955-2436.

NOW THRU JUNE 25
MONTCLAIR—"Native jewelry making workshop at The Montclair Art Museum. For more info call 201-746-5555.

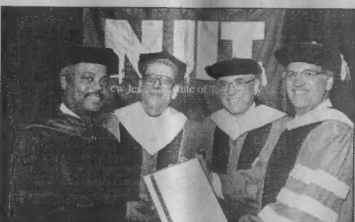
NOW THRU JULY 30
NEW YORK—"New York Saved: Thirty Years of Landmarks Preservation" exhibit at The Museum of the City of New York. For more info call 212-534-1672.

Crossroads receives \$25,000 from House of Seagram



NEW BRUNSWICK—Clyde Allen, House of Seagram (Left) presented a \$25,000 contribution to The Crossroads Theatre Company for the production of the stage play "Harriet's Return." Joining Mr. Allen at the opening night gala is (l-r) Oasie Davis; Karen Jones Meadows, playwright; Tranya Beverly, feature actress; Ricardo Khan, artistic director and Ruby Dee.

Congressman Payne given trustees' award from NJIT



NEWARK—Congressman Donald Payne was honored for his lifetime of service to Newark and New Jersey at New Jersey Institute of Technology's 100th graduating commencement this May at the Garden State Arts Center in Holmdel, N.J. Pictured are Congressman Donald M. Payne, NJIT President Saul K. Fenster, center; Victor Peterson, chairman of NJIT Board of Trustees and executive vice president of AT&T and chairman of the AT&T Global Operations Team; and Caswell Cano, right, a member of the university's Board of Trustees.

El-Amin gets professional standards award

PLAINFIELD—Siddique W. El-Amin of the Plainfield Police Department has been granted the Professional Standards Award by The National Commission on Professional Law Enforcement Standards.

The award is given to applicants who excel in academics and are involved in community programs. Each one has also obtained additional professional training and spent no less than five years in actual enforcement activities during their career.



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The Newark Branch - NAACP
The Youth League Foundation, Inc.
United Negro College Fund, Inc.
New Community Corp.
African-American Heritage Parade Committee
United Hospitals Medical Center Foundation
Newark Symphony Hall

YOUTH BEAT

KID CALENDAR

NOW THRU JULY 7
ELIZABETH—1995 TEEN ARTS Touring Exhibit in the Union County Administration Building, 6th fl. For more info call 908-559-2550 or 1-800-852-7899.

WEDNESDAY, JUNE 14
SPRINGFIELD—First Annual TEEN ARTS Poetry Reading at Barnes and Noble on Rt. 22 at 7:30 p.m. For more info call 908-559-2550.

JUNE 15, 22, 29
PLAINFIELD—Children's Film Program at 3:30 p.m. at Plainfield High School Library. For more info call 908-757-1111.

SATURDAY, JUNE 17
NEW YORK, NY—Outdoor Family Theater at 6 p.m. at Hudson River Park. For more info call 212-267-9700.

PLAINFIELD—The Brewery Puppet Troupe's "Crowtations" at the BUF at 4 p.m. For more info call 908-561-0123 or 201-242-8110.

Genesis Shulé School wins top UN awards

NEWARK—Genesis Shulé School of Newark, a school for high academic achievers, recently garnered the two top awards at the Metroplex Model United Nations for elementary students held in Dallas, TX.

Unity Freer, ambassador for the United States of America won the best Ambassador award and the best presenter of resolutions in the General Assembly Award. N'palayel Yehudah who was the U.S. delegate to the United Nations Environmental Program was presented the best delegate award.

The children dressed in the national costumes of the countries they represented, while some speeches were delivered in French, Spanish and Russian. Topics such as AIDS, promoting multi-culturalism in the media, self-determination, refugees,

nuclear proliferation and civil conflicts around the globe were all debated.

The speakers were all delegates drawn from the fourth through eighth grade nationally and internationally. Thirteen-year old Unity Freer in her address to the General Assembly urged all nations attending to enable their young people "to have the facility to dream and the determination to make dreams come true." She further exhorted "Madam Secretary General, dead men do not dream dreams, dead women do not dream dreams, dead boys and girls do not dream dreams. Add to this configuration the idea that starved, mutilated, orphaned boys and girls are broken broken dreams, when bankrupt leaders choose armed encounter over conflict resolution." She noted "the pursuit of



Principal of Genesis Shulé School accompanies her students (back row) Unity Freer, Khalil Gray-Robinson, (front) Akiba Ithamir and N'Palayel Yehudah.

personal power over people power has left the world on the brink of chaos.

Khalil Gray-Robinson the school's delegate to the Security Council proffered a resolution which embraced recent terrorists' acts in Oklahoma and Tokyo asking for a serious re-evaluation of the sale and distribution of potentially dangerous materials both nationally and internationally.

Akiba Ithamir, a 4th grader pleaded for a more generous response to the problems of Haiti's children in her capacity as the U.S. delegate on the Third Committee. The event was a project of the International Black Woman's Congress and sponsored by Quest Youth Services.

Raritan Valley Links host 3rd youth conference



NEW BRUNSWICK—Excited 6th, 7th and 8th graders from assorted area schools recently attended the third annual youth conference at Douglas College Center sponsored by The Raritan Valley Chapter of The Links, Inc.

This year's theme for the conference was "Building Dreams for a Better Tomorrow." Students were chosen to participate through the collaborative efforts of Raritan Valley chapter members, school administrators, teachers, community volunteers, and civic leaders.

The conference featured a fashion show, workshops on conflict resolution and presentation of prizes for the arts and essay contest winners.

The students are encouraged in the fall of the school year to improve and excel in their academics, attendance and attitudes in order to be selected for conference attendance.

THE BREWERY PUPPET TROUPE'S "CROWTATIONS"

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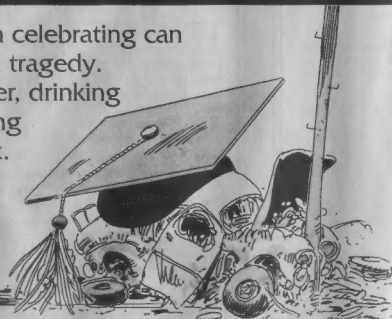
Bergen	\$42,160	Monmouth	\$36,320
Burlington	33,120	Morris	39,520
Camden	33,120	Ocean	36,320
Essex	39,520	Passaic	42,160
Gloucester	33,120	Somerset	43,680
Hudson	28,240	Union	39,520
Middlesex	43,680	Warren	30,880

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Transportation funding available for youth organizations

NEWARK—As the school year draws to a close and underprivileged youths in Essex County contemplate their summer activities, many will come up empty-handed. To address this pressing reality, the 2nd Annual Corporate Summer Transportation Initiative, spearheaded by Prudential's Community Initiatives Division, is bringing local corporations and associations together to support non-profits, school groups and other community-based organizations seeking summer program transportation funds.

"In Essex County, there are more than 70,000 children attending public school. Through the Corporate Summer Transportation Initiative,

area companies are enabling many of these children to enjoy educational, cultural and recreational outings on a day trip basis," explained Emma Perry, originator of the transportation initiative and an administrator in Prudential's Community Initiatives Division.

Last year, over 600 economically disadvantaged youths in Essex County benefited from the programs. This year, the corporate collaboration is anxious to help even more non-profit organizations make this a memorable summer for the kids.

Corporations joining The Prudential in this initiative include: Bell Atlantic, Black United Fund, Hoffman La Roche, Inc., MCI Founda-

tion, PSE&G, United Way of Essex & West Hudson and Wallerstein Foundation for Geriatric Life Improvement.

The Renaissance Newark Foundation, a philanthropic arm, of the Regional Business Partnership, will serve as a conduit for administering the funds. A rotating committee of three contributors will meet in June to evaluate requests for the transportation funding.

Non-profit organizations seeking transportation funds must complete an application by June 26, 1995. Requests for applications should be sent to Monica Bailey, Regional Business Partnership, 1 Newark Center, 22 Floor, Newark, New Jersey 07102.

African child

heritage; an interfaith service on the morning of June 16; and a gala event where the U.S. Committee for UNICEF will present the Africa's Future Award to a prominent individual who has demonstrated a strong commitment to African and African-American children.

How to get involved

Individuals, groups and businesses are encouraged to support the Day of the African Child by contributing

Continued from page 1

to the U.S. Committee for UNICEF's Day of the African Child fund, currently supporting emergency and long-term development programs throughout the continent.

The U.S. Committee is also accepting donations earmarked for relief efforts in Rwanda, Somalia, Zambia, Mozambique, Namibia, Nigeria, Liberia and Angola.

In addition, the Audrey Hepburn Memorial Fund, established in honor

of the late actress and beloved UNICEF Goodwill Ambassador, promotes education initiatives for children in Somalia, Ethiopia and Sudan.

For additional information on how to participate in the Day of the African Child or to make a contribution, call 1-800-FOR-KIDS, or contact the U.S. Committee for UNICEF at 333 East 38th St., New York, NY 10016, 212-686-5322.

Teppers

Continued from page 1

Even though the city is still working to clear the property, members of the Planning Board, in a recent meeting said the appraisals were too high. Three of the property owners who showed up left after being told the public would not be able to respond because a public hearing would be held once the final budget is declared.

Plans for the development of the project call for the demolition of all buildings except for McDonald's restaurant.

Imprisoned

Continued from page 1

6,000 prisoners in Kigali prison:

"There are an estimated 300 detained children in Rwanda.

UNICEF and CHR staff make regular visits to the Kigali prison.

UNICEF has been invited by the Government to visit the other prisons in Rwanda.

CEF delivers food stuff (milk, baby food, meat, vegetables, sugar, rice, manna, children's clothes, blankets and sports equipment (footballs) to the children in prison.

With the support of CHR, all minors and women in Kigali prison have been interviewed and photographed and their dossiers are being set up. A house has been identified where the children will be moved and a feasibility study is underway to determine necessary repairs and equipment.

For the rehabilitation of imprisoned youth and adequate child care and recreational activities for children of prisoners, UNICEF is requesting U.S. \$600,000 for 1995. U.S. Committee for UNICEF commemorates The Day of the African Child on June 16.

Maree

Continued from page 1

Newark YMCA's Corporate Achiever and was later awarded the same distinction by Midstate Bank in 1993.

He graduated from Seton Hall University in 1965 with a bachelor's degree in Business Administration. A native of Waterbury, CT, Maree also attended the Stonier Graduate School of Banking. He resides in Plainfield with his wife Annie. They have four sons.

McFerrin

Continued from page 1

marks a new avenue for involvement. The community groups benefit not just by raising funds but by developing their volunteer programs further and involving more people in their own fundraising efforts," she said.

In addition to the performance of light classics and popular favorites conducted by Bobby McFerrin, AT&T and the New Jersey Symphony Orchestra will host a VIP post-concert reception which, through special ticket sales, provides another vehicle for fundraising for the 21 groups.

For ticket information call 1-800-ALLEGRO or 201-624-8203. Callers will be asked to designate their community organization of choice for the sales proceeds.

Saturday seminars for Small Minority and Women Entrepreneurs


NEWARK—On Saturday, June 17, the Small Business Division of Essex County College will sponsor the June session of Saturday Seminars for Small Minority and Women Entrepreneurs at the College, 303 University Avenue in Newark.

On June 15, the Air Services Development Office is presenting "How to do business with the Port Authority of NY and NJ" at Newark International Airport in building 79, 9 a.m. until noon and on June 22 from 9:30 a.m. until 4 p.m. For more information call 201-624-1007.

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As I see it

Continued from page 4

an Nia Gill over challengers Yvonne Blake, a councilwoman and Anthony Robinson, a local businessman.

Because of these victories for the Regular Democrats, Cooper's friends and supporters predict a brighter and more secure future for him at the Democratic table.

In dumping a few old familiar faces Giblin put his leadership on the line and won. That's the bottom line.

But those who owe allegiance to Steve Adubato, Sr. will tell you the 28th Assembly District candidates and Patrick McNally, the county clerk candidate, would probably not have won their elections without the expert manpower the North Ward leader provided throughout the campaign.

Adubato physically in front of the troops but have loyalists scattered throughout local, county and state governments.

Therefore, he is not expected to be visible in a leadership position but to designate a trusted confidant like his wife, Fran, North Ward Democratic chairwoman, Adrienne Davis, clerk to the board of Freeholders or Freeholder Joe DiVincenzo.

And what about Sen. Ronald Rice who was the campaign manager for Drake, McEnroe and Steele?

It's no secret Rice, the Newark West Ward councilman will be a candidate for mayor in 1998. A win in this primary would have sweetened his chances two years hence.

A lot of bitterness was generated between Rice and Adubato in the primary and though it is not essential to have Steve's support when he runs for mayor, he is an enemy the senator could do without when he makes the run.

And then there's Mayor Sharpe James who certainly won't want to be left out of any equation of local political power. James was extremely low-keyed in the primary scuffle. Business kept him out of town for the most part and that may have been a blessing for the chief executive well known for liking a good political fight once in a while. But in the game of politics there is no pay for those who don't play.

Who knows? There may be a dark horse out there ready, and able to challenge all of the above.

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A SALUTE TO BLACK MUSIC MONTH



Bob Marley & The Wailers: the legend lives on

by Paul Wexler

NEW YORK—The first international superstar to arise from the Third World, Bob Marley was an artist who made the personal and particular universal. Still considered a leader and a prophet by millions worldwide, "Bob Marley gave the poor a voice in the international arena of ideas," to quote Timothy White, author of the acclaimed Marley biography *Catch A Fire*.

Since 1995 is the 50th anniversary of the birth of Robert Nesta Marley, it is an appropriate time to reflect on the nature of Marley's art and to consider the roots of his global popularity. Although there was a genius in his vocal abilities, in his stage charisma and in his vastly underrated rhythm guitar work, it was Marley's attitude and his lyrics that made a lasting impact on listeners.

He mined fresh artistic territory by reflecting the concerns of impoverished people living under the colonial yoke and in post-colonial societies everywhere.

To document the political and social side of Bob Marley's musical legacy, Tuff Gong Records and Island Records are releasing *Natural Mystic (The Legend Lives On)*, the new compilation from Bob Marley & The Wailers. *Natural Mystic* contains 15 timeless songs including the international hit *Iron Lion Zion* and a fierce version of *Keep On Moving* that was remixed by noted producer and dubmaster Paul "Groucho" Smykle.

Like most popular artists, Bob Marley wrote about sexual love, but his palette also contained the blazing yellows of a militant spirituality, a blood-red hatred of racism, colonialism, and oppression; and a sky-blue yearning for personal, artistic, political and social freedom. Those colors

reflected the experiences of growing up in the poverty-stricken crown colony of Jamaica.

Jamaica's unique cultural mixture of black pride and fundamentalist religions, set against a background of extreme economic deprivation makes the island a land where hope is as necessary as an ingredient for survival as food, air and water.

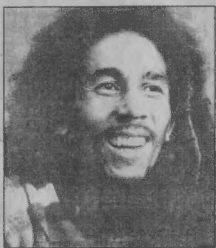
Such Marley songs as *Iron Lion Zion*, *Trenchtown Rock (Live)*, *One Drop* and *So Much Trouble In The World* utilize a "here and now" spirituality to lift up the burdens of the sufferers.

Due to the influence of Marcus Garvey and of the Rastafarian religion, Afro-Centrism and Pan-Africanism have been important forces in Jamaica throughout the past 80 years. There is a mystery at the heart of every religion: Rastafarianism's main object of worship is the former emperor of Ethiopia Haile Selassie who is seen as the personification of God on earth; worshippers of Rasta yearn to return to an idealized homeland in Africa while leaving their heads and beards unshorn.

These influences on Marley are evident in the song *Africa Unite* and the anti-racist tune *War*, which took the words from a 1968 speech made by Selassie and set them to music.

"Until the philosophy that holds one race superior and another inferior is finally and permanently discredited and abandoned everywhere is war."

Marley's conversion to Rastafarianism was part of a religious revival that touched many other Jamaican musicians; these reggae artists began to write songs about exile and returning to Africa. Such songs as *The Mystic's Six* and *Seven Books of Moses*, Bob Andy's



The Honorable Robert Nesta Marley

Photo by Adrian Boot

& *Seven Books of Moses*, Bob Andy's

I've Got To Go Back Home, and Desmond Dekker's *Israelites* mark the early influence of Rastafarianism on Reggae music.

Being in the majority, Jamaican blacks managed to maintain many cultural connections to their African roots. Jamaicans recall their numerous slave revolts with pride, including the Maroon rebellion which was never quashed. That militant pride is evident in Marley's song *Crazy Rhythms*, which threatens to "chase those crazy baldheads (short-haired unbelievers) out of town."

With its emphasis on "getting yours here on earth," Rastafarianism unabashedly mixed spirituality with politics. The apocalyptic imagery in Marley's song "Natural Mystic" asserts the inevitability and the rightness of political and social change, even if that change has to be accompanied by extreme violence.

See MARLEY's page 9

Jazz in Bloom opens

NEWARK—The Newark Museum will kick off its summer Noon-time Jazz in the Garden series with a Jazz in Bloom party from 5:00 to 7:30 p.m. on Thursday, June 22, in the Museum's Alice Ransom Dreyfuss Memorial Garden.

Co-sponsored by Newark's jazz radio station WBOO 88.3 FM and the Museum Council, the evening features award-winning recording artists, saxophonist Houston Person and vocalist Etta Jones, who return this year with an encore performance of terrific jazz.

As an added attraction, the Museum will also feature A Taste of Newark—sample fare from Rubens Restaurant and Supper Club, Palate

Pleasure and The Newark Club. A wide range of cuisine will be offered for a minimal charge. Soft drinks will be provided courtesy of the PepsiCo Company, and wine and beer will also be available at a nominal charge.

Benefit tickets may be purchased for \$12 or \$10 for Museum members, which includes entrance, music and one beverage ticket. Proceeds will support the Museum's free noon-time summer Jazz in the Garden concerts, which are held on Thursdays at 12:30 p.m. through August 10 in the Museum's Dreyfuss Garden.

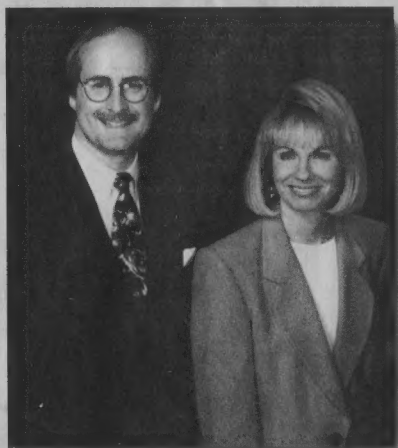
For tickets or more information call 201-596-6550. The party will take place in the Museum's Engelhard Court in case of rain.

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ARTZ WEDNESDAY

A SALUTE TO BLACK MUSIC MONTH

BILLBOARD

FRIDAYS

NEWARK—“Change of Pace” Jazz series at Thearium 233 West Market St., from 5 to 10 p.m.

WEDNESDAY, JUNE 14

NEW YORK, NY—Opening reception for “First Impressions” art exhibit at the Lower East Side Tenement Museum from 5:30 to 7:30 p.m. For more info call 212-431-0223.

THURSDAY, JUNE 15

NEW YORK, NY—Evening music cruises on the Seaport Liberty Cruise featuring music by Special EPX. Cruises depart at 6:30 and 9:30 p.m. For more info call 212-630-8888.

SOUTH BELMAR—DDBB Jazz Quartet at Jaxson. For more info call 908-681-4116.

BROOKLYN—Percy Sledge at Brooklyn Academy of Music from 8 to 11 p.m. For more info call 718-636-4129.

SUNDAY, JUNE 18

FLORHAM PARK—Art in the Atrium Inc. presents “Sunday in the Park,” an Art Jazz extravaganza at 3 p.m. at the Park Avenue Club. For additional info call 201-366-8825.

JUNE 16-18

NEWARK—“Sing Mama 2” at Symphony Hall. For more info call 201-643-8009.

JUNE 16, 17, 18

HOBOKEN—Jersey Jazzfest on the Hudson at Stevens Institute of Technology. For more info call 201-543-4496.

SUNDAY, JUNE 18

WATCHUNG—Cultures and songs from concert at the Watchung Arts Center at 7 p.m. For more info call 908-753-0190.

MONTCLAIR—Montclair Art Museum’s annual jazz event featuring Sarah Partridge at 4 p.m. For more info call 201-746-5555.

JONES BEACH—Luther Vandross in concert at Jones Beach. For more info call 718-522-7171.

JUNE 18-25

NEW BRUNSWICK—Azm Collections One Art Show and Lectures Series at Crossroads. Hours are 11 a.m. to 8 p.m. For more info call 908-238-1577.

MONDAY, JUNE 19

NEW YORK—Ladies Night with GTO & The Soul Squad at Manley’s Car Wash. For more info call 212-369-8155.

THURSDAY, JUNE 22

NEW YORK, NY—Evening music cruises on the Seaport Liberty Cruise featuring music by P-Model. Cruises depart at 6:30 and 9:30 p.m. For more info call 212-630-8888.

JUNE 22-25

ATLANTIC CITY—Liza Minnelli at The Strand. For more info call 1-800-736-1420.

FRIDAY, JUNE 23

WATCHUNG—All-star Trio at Jazz Series at the Watchung Arts Center at 8 p.m. For more info call 908-753-0190.

JUNE 23 THRU AUGUST 10

NEW YORK, NY—“Blaxploitation, Baby!” a 33-film retrospective of the black action pictures of the early 70’s at the Film Forum 2. For more info call 212-727-8110.

SATURDAY, JUNE 24

NEWARK—Bobby McFerrin at Symphony Hall at 7 p.m. as part of Newark Community Partners Concert. For more info call 201-624-3713 ext. 214.

THURSDAY, JUNE 29

NEW YORK, NY—Evening music cruises on the Seaport Liberty Cruise featuring music by Donald Harrison. Cruises depart at 6:30 and 9:30 p.m. For more info call 212-630-8888.

Marley

Continued from page 8

Jamaica is a land that has been racked by political violence for the past 30 years. That turmoil is reflected in the song *Keep On Moving*, which describes an outlaw’s loneliness and concern for his family.

Marley and his group the Wailers, were caught up in the island’s cycles of violence. Peter Tosh, a founding member of the Wailers, was shot to death eight years ago. More recently, Carlton Barrett, The Wailers’ influential drummer, was murdered. Marley himself survived an assassination attempt in December of 1976.

An artist the likes of which will not pass this way again, Bob Marley made music that still reverberates, touching and enlightening fans throughout the world. The tune *Time Will Tell* is a dire warning to the men behind his attempted assassination. With its traditional nyabingi rhythms and solemn air, the song provides perfect closure for *Natural Mystic* (The Legend Lives On). “Time alone, yes time will tell, you think you’re in heaven but you’re living in hell.”

In addition to Island Records’ celebration of Bob Marley’s 50th anniversary, J.P. Patterson, the Prime Minister of Jamaica, as part of their 50th Bob Marley Birthday Celebration, will issue a series of commemorative stamps as well as mint a coin with Bob Marley’s image. To our knowledge, he is the first musician to have such an honor.



NJ Jazz Society hosts jazz festival in Hoboken

HOBOKEN—The New Jersey Jazz Society, a membership organization created over two decades ago for the performance, promotion, and preservation of jazz, promises sixty hours of classical jazz at their first Jersey JazzFest on the Hudson.

This annual, three day festival, previously held at Waterloo Village for 25 years, will be presented at Stevens Institute of Technology in Hoboken, June 16, 17, and 18, 1995. Over one hundred musicians will be performing simultaneously in various indoor and outdoor settings across the Stevens campus.

The event offers picnicking on the grass with great views of New York and the Hudson River. You may bring your own picnic basket, purchase food and beverage on the Stevens campus, or dine at the many and varied Hoboken restaurants within walking distance of the festival site.

The festival hours are Friday, June 16, 8-11 p.m.; Saturday, 11 a.m.-11 p.m.; and Sunday, 10 a.m.-5:30 p.m. To purchase a one day pass or passes for the entire festival call the New Jersey Jazz Society for 201-543-4496 or TicketMaster, 201-507-8900.

Tune in to Sparkle on AHN



Philip Michael Thomas stars as “Stix” and Irene Cara is his girlfriend Sparkle in the classic love story *Sparkle* on African Heritage Movie Network.

NEW YORK—The African Heritage Movie Network (AHN), hosted by Ossie Davis and Ruby Dee, will broadcast *Sparkle*, a spectacular musical for black music month on WABC Channel-7, Thursday, June 22 at 12:05 a.m.

“*Sparkle*” said Ossie Davis “is a spectacular film event in honor of black music month and continues to appeal to audiences.” *Sparkle* (1976) tells the story of three Harlem sisters, Irene Cara (Sparkle), Lonette McKee and Dawn Smith, who sing their way into the heart of audiences, while their two boyfriends, Michael Philip Thomas and Dorian Harewood influence their success and failure.

While many have compared

Sparkle to the story of Motown records singing group the Supremes, “*Sparkle* is more deeply concerned with the drama of the three young women’s lives than with their careers,” says Ruby Dee.

“More than anything else, love the musical performances. The combination of Curtis Mayfield’s score and songs with Lester Wilson’s choreography is inspired. Even the great Aretha Franklin made an album entitled *Sparkle* in which she sings the songs of the film,” Dee added.

“We are sure that by the end of the film you too will become a devoted fan,” added Ossie Davis. “Sit back, relax and enjoy the all-star talent that we have lined-up for you during black music month.”

Film and music merge once again



Director John Singleton and Vivian Scott, VP of Black Music, Epic Records, shared a moment together at a recent Sony Music Entertainment Inc. sponsored symposium in which Singleton and Dick Gregory joined forces to discuss the Civil Rights Movement and its effects on the entertainment industry.

Photo courtesy of Sony Music Entertainment

David Lamb to read at book signing



EAST ORANGE—David Lamb, attorney and author of the novel *Do Plantanos Go Wit’ Collard Greens?* will give a book signing party at The Bookstore, 263 Central Ave., East Orange on Saturday, June 17 from 2-4 p.m.

In a humorous, alarming tale skillfully weaved around the 1993 Dinkins-Giuliani election *Do Plantanos Go Wit’ Collard Greens?* entertains, while powerfully tackling issues of racial identity, black-Latino relations, big city politics and police corruption.

Edible Arts returns to Newark

NEWARK—Lovers of the good food and fine art can sample the gourmet cuisine of Newark’s finest ethnic restaurants, while enjoying the work of several artists at the City Without Walls Gallery’s fourth annual culinary extravaganza Edible Arts Four.

Edible Arts will be held Thursday, June 15 from 5:30 to 8 p.m. on the ground level of Gateway, 1 Raymond Plaza at Penn. Station.

Participating restaurants in Edible Arts Four will display their offerings artistically to enable attendees to judge them on visual presentation as well as taste appeal. First, second and third prize certificates will be awarded to the restaurants receiving the highest number of votes.

Almost 20 area restaurants and caterers have volunteered for the fund-raiser and will present an array of culinary delights ranging from Spanish and Portuguese to Cajun cuisine. Over 400 other food purveyors as raffie prizes.

Tickets are \$25 per person and proceeds will benefit the gallery and its ArtReach education program. For ticket information call 201-622-1188.

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BUSINESS

BUSINESS CALENDAR

WEDNESDAY, JUNE 14
NEWARK—Business Writing, Letters and Memos workshop at Hudson County Community College from 2 to 5 p.m. For more info call 201-714-2194.

THURSDAY, JUNE 15
NEWARK—Management and the Administrative Assistant I workshop at Hudson County Community College from 2 to 5 p.m. For more info call 201-714-2194.

NEWARK—ASDO Workshop for Tri-County Vendors. For more info call 201-961-4278.

SATURDAY, JUNE 17
NEWARK—Saturday Seminar for Minority Entrepreneurs from 9:30 a.m. to noon at Essex County College.

TUESDAY, JUNE 20
NEWARK—SCORE sponsors a "Starting and Managing a Business" workshop from 9:30 a.m. to 2 p.m. For more info call 201-645-3882.

THURSDAY, JUNE 22
NEW YORK—National Minority Business Council hosts "Negotiating to Win" seminar from 8:30 a.m. to 2 p.m. at the Pfizer Conference Center. For more info call 212-573-2385.

FRIDAY, JUNE 30
BEDMINSTER—Fifth Friday Friar's meeting at the Fiddlers Elbow Country Club at noon. RSVP by 6/25. For more info call 908-231-7040.

JULY 17, 18
NEW YORK—Real Financial and Insurance Services Database Marketing Summit at The World Trade Institute. For more info call 212-398-0050.

AUGUST 3 - 5
NEW YORK—Black Enterprise magazine presents "Acquiring and Managing Your Own Franchise Conference & Expo" at the Sheraton New York Hotel. For more info call 1-800-54-FORUM.

SEPTEMBER 18 - 20
NEW YORK—Second Annual Circulation Management Conference and Expo at the Manhattan Crowne Plaza. For more info call 212-978-0730.

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Power retailing: Not just for large firms

by Joel Evans, Ph.D.
 & Barry Berman, Ph.D.

This article will target issues facing today's retailers—big and small, product and services-oriented alike. We hope to be thought-provoking and to offer useful recommendations. The subjects of this month's article is power retailing and what firms can do to be power retailers.

Business Week first popularized the term "power retailing" in citing the competitive advantages of certain large chains: "They are fast and focused. Merchandise is well selected and plentiful. Customers go out of their way to shop at power retailers' stores because they know they'll find what they want with a minimum of hassles. Charles Lazarus of Toys 'R' Us and Leslie Wexner of The Limited Inc., have shown that power retailing works in specialty formats. Sam M. Walton applied it to his Wal-Mart discount stores. And David C. Farrell of May has shown that power retailing can bring a new nimbleness to the clay-footed giants of retailing—old line department stores."

What these common retailers have in common is that they use

consistent, directed and comprehensive strategies. They identify customer needs and pay constant attention to the marketplace; place orders early and in quantity, emphasizing power assortments to dominate competitors; and use modern computer and inventory control systems. Some critics believe the major weakness of power retailing among chain retailers is that management policies are too often standardized and centralized. There are three key principles that every retailer, regardless of size of line of business, could learn from the concept of power retailing. One, there must always be a "game plan" for the firm that is outlined in advance. Two, the retailer's focus must always be on consumers and how best to satisfy them. Three, to be most effective in the marketplace, a firm needs to be dominant in at least one aspect of its strategy.

In the broadcast sense, power could result from having the longest store hours, the best delivery policy, and so on. As a result, a small firm could be a power retailer by serving an unfulfilled consumer

need. At the same time, every retailer, must also organize consumers' minimum expectations for each element of its strategy (such as store hours, product assortment, and customer services.) For instance working women expect stores to have evening hours; this is a minimum requirement. Even if a retailer is dominant in other areas of its strategy, it must still satisfy the minimum standards set by consumers. Here are six different ways for a firm to act as a power retailer:

Minority business participates in wireless communications industry

CLAYTON, MO.—A group of St. Louis area minority entrepreneurs and investors has formed a new company to pursue opportunities in the wireless sector of advanced consumer communications announced Wayne Harvey, a company principal and spokesperson. The name of the new company is American Network, L.L.C., and besides Harvey, other company officials include Jean Antoine and Arthur Littleton.

American Network will pursue personal communications service licenses (PCS) which have been designated by the Federal Communications Commission (FCC). These licenses, which will be auctioned by the FCC, are required to operate a wireless network of data and voice transmission services for U.S. consumers.

"We have been researching the feasibility of this project for almost a year, and we are confident we have the core competencies to provide a unique dimension in this emerging area of technology," said Harvey. American Network's offices are located in Clayton, MO.

(1) Be price oriented and cost efficient to appeal to price-sensitive shoppers.

(2) Be upscale to appeal to full-service, status-conscious consumers.

(3) Be convenience oriented to appeal to consumers interested in shopping ease, nearby locations, or long store hours.

(4) Offer a dominant assortment with an extensive selection in the product lines carried to appeal to consumers interested in variety and in-store shopping comparisons.

(5) Be customer service-oriented to appeal to people who are frustrated by the decline in retail service—as they perceive it.

(6) Be innovative or exclusive and provide a unique method of operations (such as kiosks at shopping centers) or carry products/brands not stocked by other stores to appeal to customers who are innovators, bored, or looking for items not in the metro-mold.

Two or more of these approaches could be combined to yield even greater power.

Families

Continued from page 4

thoughts, i.e., individualism, deism, etc. We have to be in balance with nature.

"In America, males practice the domination of women and imprison their creativity and their ability to develop. We have to free them [so] we can free ourselves. Western European thought has made us conceptually imprisoned, anti-intellectual [and] is based on the principles of alienation. [It] teaches you to dislike what you can't control."

"In the West, because they have subjugated women to a state of servitude, they now even say 'A dog is man's best friend.' In Africa, the African woman is the African man's best friend and the African man is the African woman's best friend."

Dr. T. Shaka points out that "our way is not to have men ruling women or women ruling men. Our way is the way of reciprocity."

Dr. T. Shaka says African society has seen the importance of maintaining empowerment, where both genders make decisions. Both genders are in control. Dr. T. Shaka makes the point that the "Western world wants

to control you and then conquer you. The only person we should want to control is ourselves."

"The western world theory is based on alienation. It takes people's culture and turns it against them. We need to understand that European culture is 180 degrees different from ours [and] history has shown us that the most just societies have been the one where everyone was equally empowered to govern every aspect of society."

I agree we all have to take part in the building new family relationships as we move toward the 21st century. We must see ourselves as being rooted in the African mother principle of equality and pull from the four basic things that have held families together in the past, i.e. production, sex, reproduction, socialization.

We have to see ourselves as not at war with one another, but working for the same end. We should have the same goals of building our families, building stronger communities, and ultimately the liberation of African people in America, in Africa and the Diaspora!

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LEGAL NOTICE

HOUSING AUTHORITY OF PLAINFIELD

The Housing Authority of Plainfield (PAH) will receive sealed bids for the following:

ON TUESDAY, JUNE 27, 1995 AT 3:00 P.M.

RETIRED OFFICIALS & KIDNAPERS' PARTS

All bid packages shall be received at the office of the Housing Authority of Plainfield, 100 East Front Street, Plainfield, NJ 07063 at which time and place the bids will be publicly opened and read aloud.

For Specifications for the above are available for pick up at the Main Office of the PAH at the said address. Telephone: (908) 754-3121.

For Bonds and performance Bonds are not required for these Bids. Bidders are required to comply with the requirements of P.L. 1975-C-127. Minority Business Enterprises (MBEs) are not required to provide bid and will not be subjected to discrimination on the basis of race, color, gender or national origin in consideration of an award.

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No bid shall be withdrawn for a period of sixty (60) days subsequent to the opening of bids without the consent of the PAH.

The Housing Authority of Plainfield, 100 East Front Street, Plainfield, NJ 07063

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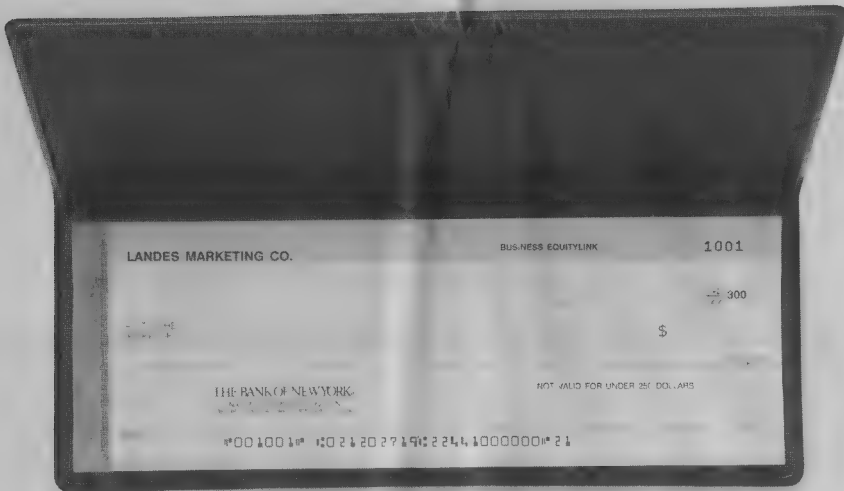
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1. *Journal of the American Medical Association*, 281: 2533-2538, 1999.

BRIEFS

Talk before getting married

If you're thinking about getting married, the first thing you should do is talk. There is no substitute for talking as a means of understanding the needs of your potential spouse and of communicating your own needs, said Bob Beck, a clinical social worker.

Beck suggests premarital counseling with a therapist or with clergy trained in marriage counseling; however, even with counseling, every marriage will have rough spots. Some warning signs:

- Lack of trust.
- Drifting apart.
- Repeated conflicts over the same issue.
- Diminished or decreased intimacy.
- Marked changes in behavior.

New treatment method for male infertility

A new treatment for male infertility is giving hope to childless couples. With intracytoplasmic sperm injection, embryologists use a thin glass tube to catch a single sperm by the tail with suction. The sperm is then inserted into the center of a woman's ovum, or egg, said Dr. Larry Lipshultz.

Typical patients who undergo ICSI include couples who have failed routine in vitro fertilization, men with an extremely low sperm count and men who cannot emit semen due to an abnormal ejaculation that cannot be surgically corrected.

Lipshultz said ICSI could make conventional fertilization procedures obsolete because it requires fewer sperm.

Physician assistants growing in importance

Physician assistants are becoming a critical link in the delivery of primary health care.

"With increased competition between managed-care plans, physician assistants are proving to be a cost-effective source of care for greater numbers of patients," said Carl Fasser, director of the Physician Assistant.

David Bartlett, a PA in Corpus Christi, Tx, sees "everything from pediatrics to geriatrics."

Responsibilities include taking patient histories, giving physicals, identifying and

managing patient problems and carrying out therapies discussed with a physician.

Exercise and asthma some time don't mix

For children with asthma, summer athletics can result in a little-discussed problem: exercise-induced asthma. It results when rapid breathing leads to bronchial spasms.

"Watch for coughing, shortness of breath, chest tightness or wheezing," said Dr. Dan K. Seilheimer, a pediatrician.

To reduce the chance of an episode, Seilheimer recommends:

- Avoiding "high asthmogenic" sports such as long-distance running, bicycling, basketball, soccer and rugby. Instead, try tennis, handball, racquetball, gymnastics, karate, wrestling, golf, football and baseball.
- Seeking indoor physical activity during pollen seasons.
- Watching out for other triggers such as weather changes.
- Getting proper "pre-treatment" medications.

Seilheimer is medical director of the Children's Asthma Center at Houston's Texas Children's Hospital.

Watch children's sugar intake

Children who learn to prefer sweet-tasting foods may face problems down the line. The problems can include dental problems and unwanted weight gain.

To reduce sugar in children's diets, Janice Stuff, a nutritionist at the USDA's Children's Nutrition Research Center recommends:

- Drinking unsweetened fruit juices in stead of soft drinks or items labeled "punch," "fruit drink" and "10 per cent juice."
- Preparing homemade frozen fruit bars by freezing juice.
- Flavoring pancakes, waffles, muffins and hot cereals with cinnamon and nutmeg or with extracts.
- Using one-third to one-fourth less sugar than called for in recipes.
- Limiting candy bars to once to twice a week.

HEALTHCALENDAR

EVERY SUNDAY

TUNE IN—Conversations with Carrier a live call-in program which discusses various health topics can be heard from 9:30 to 10 a.m. on WPAT 930-AM.

VOLUNTEERS NEEDED—The Northern NJ Chapter of the Alzheimers Association needs volunteers. Training is available. For more info call 201-316-6676.

ATTENTION—Sign up for first aid course at the Plainfield American Red Cross. For more info call 908-756-6414.

ATTENTION—Toll free number for NJ Division American Cancer Society providing information for patients, families and general public. Call 1-800-ACS-2345 9 a.m. to 5 p.m. Monday - Friday.

ATTENTION DONORS:

PLAINFIELD—Apheresis Donations, collection of specific components of blood, at Muhlenberg Regional Medical Center. For more info call 1-800-286-2566.

ATTENTION—Planned Parenthood has free pamphlets on Fetal Alcohol Syndrome. For more info call 201-489-1265.

EAST ORANGE—North Jersey Blood Center is looking for donors over 18. For more info call 1-800-BLOOD NJ.

THURSDAY, JUNE 15

NEWARK—Health Fair at 40 Richelieu Terrace from 10 a.m. to 3 p.m. For more info call 201-374-2000, ext. 23.

PATERSON—Healthy Heart program for senior citizens at the Colt Arms at 1 p.m. For more info call 201-595-2911.

BELLE MEAD—"Family Therapy with Adolescents" lecture at the Carrier Foundation at noon. For more info call 908-281-1461.

WEDNESDAY, JUNE 21

BELLE MEAD—"Everything you wanted to know

about psychiatric medications" at the Carrier Foundation at 6:45 p.m. For more info call 908-281-1518.

THURSDAY, JUNE 22

NEWARK—Repetitive Stress Injuries: hand & wrist at 1 p.m. at UMDNJ. To register call 201-982-2000 or 1-800-982-DOCS.

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, from 4:30 to 7 p.m. at the Senior Citizens Center from 1 p.m. to 4 p.m. For more info call 201-399-6652.

PLAINFIELD—"Muhlenberg Hospital Step Recovery Program" at 10:30 a.m. at the Plainfield Senior Citizens Service Center. For more info call 908-753-3506.

TUESDAY, JUNE 27

PLAINFIELD—Heart Disease at the Plainfield Senior Citizens Service Center at 10:30 a.m. For more info call 908-753-3506.

THURSDAY, JUNE 29

NEWARK—Repetitive Stress Injuries: elbow to shoulder at 1 p.m. at UMDNJ. To register call 201-982-2000 or 1-800-982-DOCS.

SATURDAY, SEPTEMBER 30

HOBOKEN—North Central Regional Chapter of the American Diabetes Association will host Walktoberfest at Steven Institute of Technology. For more info call 201-226-1022.

HEALTH RECOGNITION DATES IN JUNE

JUNE 26 - JULY 2
HELEN KELLER DEAF-BLIND
AWARENESS WEEK

MONTH OF JUNE

FIRE SAFETY MONTH
HERNIA MONTH
NATIONAL SCLERODERMA
AWARENESS MONTH

Send health activities to
HEARTBEAT
PO Box 1774, Plainfield, NJ 07061

Learning about breast cancer could save your life

By Larry Lucas



For African-American women, breast cancer is a real killer. While breast cancer is the leading cause of cancer death for all women between the ages of 35 and 54, it's the leading cause of cancer death for African-American women of all ages.

An estimated 182,000 new cases of breast cancer will be diagnosed this year. That's a new diagnosis every three minutes. And a death from the disease occurs every 11 minutes.

Pharmaceutical research offers hope that a cure for breast cancer will be discovered. In the meantime, there are 12 prescription drugs approved to treat breast cancer and 48 more in testing. But until a cure—or a preventive medicine—is discovered, women need to take responsibility to learn as much as they can about breast cancer. Right now, the best weapon against breast cancer is early detection.

Because no one knows for certain what

causes breast cancer, it's impossible to predict who will get it. Every woman should consider herself at risk for the disease and practice all available early detection techniques. Women with a family history of breast cancer need to be particularly vigilant.

"I knew from a very young age, that I might get breast cancer," says Zora Brown, founder and chairperson of the Breast Cancer Resource Committee.

Her family history of breast cancer spans four generations. Her great-grandmother, grandmother, mother and three sisters all had the disease. Zora was careful about doing self-exams. During a self-exam at the age of 31, she discovered a small lump. Now, 15 years after surgery, Zora wants women to know that "breast cancer is not a death sentence. With early detection, regular doctor visits and self-examination, you can live a long, healthy life like me."

Here are some tips from experts on how to be a survivor in the war against breast cancer:

(Continued on page 4)

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HB KIDS

10 most dangerous scenarios for children

TRENTON—New Jersey child safety experts are urging parents to take action against the number one killer of young children by reviewing a checklist of 10 home and travel safety measures in observance of Child Health Month.

During May, the New Jersey Safe Kids Coalition, a public private partnership of community-based prevention programs headed by the New Jersey Safety Council and supported by Johnson & Johnson, distributed a Family Safety Check List with 10 of the most potentially dangerous scenarios for young children.

Unintentional injuries are the number one killer of young children in New Jersey and throughout the country, according to council officials.

The safety checklist is designed to be filled out by children together with their parents. The list discusses the use of bike helmets and safety belts; the storage of household cleaners; keeping working batteries in smoke detectors; proper gun storage and child-proofing the home and playground.

"So many of these preventable injuries require not only intense medical treatment but also cause life-long disabilities," said Human Services Commissioner William Waldman. "As parents and guardians, we have the responsibility to follow these simple, common sense steps to safeguard our children."

In New Jersey, residential fires are the

number one killer of children under the age of one and motor vehicle, bicycle and pedestrian accidents are the leading cause of accidental death for children of all other ages, said Deborah Cohen, director of the state Department of Human Services, Office of Prevention of Mental Retardation and Developmental Disabilities.

Each year in the United States, about 7,200 children ages 14 and under are killed from unintentional injuries and 50,000 are permanently disabled—more than all diseases combined.

"Our experience here in New Jersey shows that safety measures really work," said Cohen, noting that head injury trauma cases in hospitals throughout the state decreased

dramatically after New Jersey implemented legislation to require bicycle helmets and seat belts for school buses.

The New Jersey Safe Kids Coalition, which is associated with the national Safe Kids Campaign founded by Johnson & Johnson, includes dozens of community-based organizations and government agencies including: the New Jersey State Safety Council; Association for Children of New Jersey and the New Jersey Department of Human Services, Office for Prevention of Mental Retardation and Developmental Disabilities.

Copies of the checklist have been distributed to every school in New Jersey for distribution to students in third through sixth grades and to businesses throughout the state.

Family Safety Check List

Grown-Ups: Did you know that the number one health risk for America's kids ages 14 and under isn't violence, drugs or disease? It's injuries. Each year, approximately 7,200 kids ages 14 and under are killed from unintentional injuries and 50,000 are permanently disabled. Fortunately, you can help protect your family from these needless tragedies with simple steps like the

ones listed below.

Traffic Injuries

- Use a safety seat until your child outgrows it (through age four and 40 pounds). When your child is 40 to 60 pounds, use a booster seat. Follow manufacturer's instructions carefully.
- Wear bike helmets properly. A helmet should sit on top of your head in a level

(Continued on page 5)

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United Medical Center
United-The Children's Hospital of New Jersey
United Family Health Centers

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HB HEALTH

Physical fitness... more than pumpin' iron

Physical fitness means different things to different people: the strength of a football player, the agility of a gymnast, the endurance of a long-distance swimmer—athletes, especially those who excel in their field, exhibit physical fitness.

But physical fitness is more than images seen in sports magazines and on television. Physical fitness applies to everyone; it influences not just sports performance but overall health and wellness.

The President's Council on Physical Fitness defines fitness as "the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies."

It is important to consider physical fitness not only in terms of sports performance but also as a major component of your daily lifestyle.

Physical fitness has three basic components: flexibility, cardiovascular stamina and muscular strength. It is a broader concept than

sports performance or athletic endurance. Physical fitness will enhance your sports performance, especially activities requiring endurance, muscular strength or flexibility.

The best way to get into shape is to develop your own physical fitness program. You can select from a variety of formal and informal programs and an array of athletic facilities to create an effective program. If the benefits of physical fitness are of sufficiently high priority, you will find ways to make and keep a time commitment to fitness.

Here are the key steps in developing your own program:

- Assess your present state of physical fitness.
- Select specific goals that seem both reasonable and attainable.
- Determine the amount of time you are willing to commit to physical fitness or related activities.
- Evaluate various physical fitness activities offered at your school or in your community that are convenient and potentially enjoyable to you.

able to you.

- Talk with others about their experience and seek advice from athletic/fitness program coaches.

- Determine how you'd like physical fitness to relate to other lifestyle aspects such as diet, coping with stress and time management.

Benefits of physical fitness:

Health

Increased efficiency and strength of heart and lungs muscles
More effective weight control
Reduced fatigue and increased energy
Higher level of immunity from diseases
Lower blood cholesterol levels
Improved sugar metabolism
Stronger bones
Improved posture

Reduced mental fatigue and better sleep patterns
More positive mental outlook and increased energy level
More effective coping with stress release of tension and anxiety
Improved self-image and improved confidence

Self-Esteem/Attitude

Improved appearance, greater muscle tone and decrease in body fat

Sports Performance

Increased flexibility, strength and stamina
Fewer sports injuries

Setting your goals for your physical fitness program

Weight reduction or control is a very common physical exercise fitness goal. This is only one of many incentives to working out. When considering the following list of fitness goals, remember that they are not mutually exclusive.

- Reducing or controlling weight
- Conditioning for sports or recreation activities
- Providing a diversion from academic schedules
- Maintaining social contact with others who enjoy physical exercise
- Contributing to general level of health and wellness
- Increasing stamina to handle the pressures of work
- Improving appearance through muscle toning
- Reducing stress
- Establishing good habits for later life
- Gaining skills for college sport teams

Work that body & take no excuses

These days there's no excuse not to exercise. It can only make you look and feel better. Not to mention you can do it in the privacy of your own room! From country to techno music aerobics to weight training—there's a video for everyone.

Susan Powter's Lean Strong and Healthy: You can "Stop the Insanity" with this mostly step workout. This tape also requires 3-5 pound dumbbells.

Aerobics Only

Jane Fonda's Favorite Fat-Burners: This tape, which uses country, Caribbean, jazz and club sounds, contains moves from some of Jane's previous tapes. It also includes a 17-minute informational section on healthy eating and exercise.

Richard Simmon's Sweat 'n' to the Oldies: This is an aerobics classic. There's a live band playing 10 hits from the 50s and 60s, and you can get so silly you won't realize how much work you're really doing! The moves are simple (they include the twist and the pony!).

Kathy Smith's Fat Burning Workout: This is a long workout of heart-strengthening/calorie burning exercise. Fitness-guru Smith even adds some muscle toning activities to the mix. The tape has zoom in "body checks" so that you can make sure you're doing everything correctly.

Aerobics With Toning

Denise Austin's Kickin' with Country Workout: This tape has a live band playing country hits that even has a section showing you how to transfer some of these moves to the

dance floor! You can do the "Achy Breaky" and all the newest line dances.

Jody Watley's Dance to Fitness: This pumps with the street-style dance moves and a soundtrack of Jody's own songs. The moves can get a little tricky but there are foot-focused camera angles to help you with the footwork. If you'd rather "dancercise," then this is for you!

Weight Watcher's Easy Shape-Up Series: This three-video set features simple fat-burning aerobics with specific body area toning. You use a different tape each day so that you don't get bored. This is a great tape for beginners, and none of the moves are intimidating.

There are lots of specialty tapes to try as well. Check out *Tai Chi Chuan* with Nancy Kwan. You'll learn breathing, balance and how to create the perfect form of "meditation in motion." You'll also learn self-defense moves. *Stephanie Steele's Kickboxing Workout* will also give you a chance to be Jean-Claude Van Damme for a while. It shows the basics like jabs, punches and very high kicks then combinations. There's *L.A. Jamin'* with the *Laker Girls* for advanced exercises and the *Hip Hop Animal Rock Workout* to do with a younger sibling. Before you start any workout plan, though, make sure to check in with your doctor. Most of these tapes range in cost from \$14.95 to \$29.95.

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Breast cancer (Continued from page 2)

All women over 40 should have regular mammograms—low dose breast x-rays. One in five breast cancer deaths could be prevented if the patients had had mammograms.

Your doctor should perform regular breast examinations.

You should examine your own breasts monthly.

The National Cancer Institute urges women to choose a low-fat diet, exercise regularly and drink alcohol in moderation, if at all.

A new booklet, "What You Need to Know About Breast Cancer," includes detailed instructions on how to examine your breasts as well as warning signs you should watch for. It also explains the various risk factors for breast cancer, details the treatments currently available and outlines the research that may eventually lead to a cure. For a free copy of the booklet, call 1-800-862-4110, or write to PhRMA, 1100 15th Street NW, Washington, DC 20005.

Eating light, eating right: healthy choices for eating on the go

by Dr. Margaret Simko

In an age when so many things seem beyond control, personal health is still an area where individual actions make a big difference. Clear skin, shapely bodies, and peace of mind are all effected by the foods we eat. The healthy eating habits you develop today, may have an impact on your future quality of life.

As you are busy with sports, activities and jobs this summer chances are you will eat more meals and snacks away from home. In fact, up to 25 percent of the calories you take in may come from snack foods alone. You may also be attracted to fast foods—burgers, fries, thick shakes, fried chicken and pizza—which are high in fat, especially saturated fat and some are high in sodium. Excessive amounts of these nutrients have been associated with certain chronic diseases. Chances are the "in place" where your friends like to gather is a fast-food restaurant, which makes the attraction to these foods even greater. However, wiser choices can be made so that eating on the go is fun and nutritious.

1. Fast Food

Several fast food companies are improving their menus, frying foods in more desirable vegetable oils instead of a beef tallow and oil mixture that is high in saturated fat. Lower fat frozen yogurt is replacing ice cream; calories and fat have been reduced in some milk shakes; chicken for sandwiches is broiled or cooked in peanut oil; and some restaurants have added salad bars. With healthier foods like these now available in fast food restaurants, eating right while eating out is now a matter of choice!

2. Packing a Lunch

If you pack a lunch include fruits, vegetables and other wholesome foods. Remember that luncheon meats like ham and bologna are high in sodium, so use sandwich fillings like chicken or tuna more often.

3. Cooking Your Own Meals

If you cook your own meals, remember to

trim the fat from red meat and then bake or broil it. Also, remember to remove the skin from chicken and turkey before eating.

4. Planning Your Meals

Planning your meals can help you see if you're giving your body all the nutrients it needs. Remember that 5 or 6 ounces of protein a day are sufficient for adults and most teens. Active, rapidly growing boys may need more.

5. Healthy Snacks

Encourage your parents to keep nutritious foods on hand like fruit, milk, cheese, yogurt, frozen yogurt, juice, dried fruit and nuts.

6. Complex Carbohydrates

About 50 to 60 percent of your diet should consist of carbohydrates, especially complex carbohydrates such as whole grains, rice, potatoes and pasta. Each day you should eat four to six servings of breads or grain products. A serving of bread or grain is one slice of bread—half of a bagel, hamburger/ frankfurter bun, or pita; four small crackers or two large; one-half cup of cooked cereal, rice or pasta; or 1 ounce of ready-to-eat cereal.

7. Healthy Dairy Substitutes

Choose frozen yogurt over ice cream. Pick margarine over butter. Eat fewer eggs.

Doctors suggest four eggs per week as an acceptable amount. If you have a weight problem, try to avoid drinking whole milk. Milk with 2 percent fat reduces fat intake but provides a few more needed calories for growing teens than skim milk.

8. Fruits & Vegetables

Doctors recommend eating five to six servings of fruits and vegetables every day. A serving of vegetables is one-half cup of cooked or chopped, raw vegetables or one cup of a leafy vegetable such as lettuce. Examples of a serving of fruit are a medium apple, pear or orange, one third cup of fruit juice, one-half or one small banana and one-quarter cup dried fruit.

9. Healthy Desserts

Even desserts can be nutritious. For example, oatmeal cookies with raisins are a tasty alternative to chocolate chip cookies; low-fat yogurt (frozen or not) is a healthy but delicious break from ice cream. Gelatins, fruits and fruit salads are also great ways to put a light, sweet and delectable finishing touch on your favorite meal. Eating is a social time and can be fun. Many healthy foods are easy to fix and taste good. Now is the time to develop good eating habits that will last a lifetime. Remember, the healthy choices you make now will be beneficial in the years to come.

HandTherapy Public Awareness Week

PARSIPPANY—The New Jersey Chapter of the American Society of Hand Therapist celebrates Hand Therapy Public Awareness the week of June 11-17 according to Mariann E. Moran, OTR, CHT, president. A hand therapist is an occupational or physical therapist who has specialized training and advanced education in the field hand therapy. They use state of the art equipment which evaluates and treats people who have suffered from traumatic injuries such as tendon or nerve lacerations, wounds, scars, burns, and fractures and provide cost effective care with emphasis on functional skills needed for work and home.

A Hand Therapist treats patients who are disabled from the affects of repetitive motion

disorders, such as tennis elbow or carpal tunnel syndrome. Many patients seeking treatment have acquired diseases such as arthritis or neurological conditions. These patients may have limitations in hand function such as pain, decreased movement, strength, or coordination.

Work site evaluation and adjustments to the work station are often part of the total rehabilitation process. Custom made dynamic and static splints, patient education and personalized home programs facilitate the return to a productive life style and to work.

To find a Hand Therapist, check the Yellow Pages under occupational Therapy or Physical Therapy.

Safety checklist

(Continued from page 3)

position and should not rock back and forth or from side to side. Always fasten the safety strap.

Teach children to stop at the curb or edge of the road, and to look left, right, and left again for traffic before and while crossing the street.

Drownings

Install four-sided, five-foot high fencing with a self-closing and self-latching gate around your pool or spa. Use personal flotation devices in open bodies of water. Be aware that drownings can also happen in bathtubs, buckets, and toilet bowls.

Fire And Burns

Install smoke detectors in sleeping areas and on every level of your home. Replace batteries yearly. Plan and practice two fire escape routes.

Keep hot foods and drinks away from kids. The water heater should be set no higher than 120°F. Test the water tempera-

ture before placing kids in the bathtub. Consider installing anti-scald plumbing.

Firearm Injuries

Keep your guns unloaded and locked up. Lock and store bullets in a separate location.

Falls

Install stairway safety gates and window guards on windows that are not fire emergency exits. Ensure playgrounds have safe equipment and cushioned surfaces.

Poisonings

Buy child-resistant packaging, but remember this does not mean child-proof. Keep potentially poisonous substances and plants out of sight and reach of children.

Emergency Response

Post police, fire, poison control center and medical services telephone numbers near phones. Store syrup of ipecac with first aid supplies.

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DISCOVERY

Orange ranks lowest in low birth weight babies

ORANGE—Statistics recently made public by the Healthy Mothers (HM)/Healthy Babies (HB) Coalition of Essex County obtained from the New Jersey Department of Health indicate that HM/HB Improved Pregnancy Outcome Project, a program of the Orange Health Department is realizing significant positive results.

The infant mortality rate in Orange was a staggering 19 percent in 1987 the highest in the state of New Jersey. The rate improved to 14.5 percent in 1992 and has been reduced to 11.5 percent in 1993. Orange has made the most significant improvement of the four target cities in Essex County, which includes Newark, East Orange and Irvington.

The recent statistics also indicate that Orange has the lowest incidence of low birth weight babies of the target Essex County cities. According to Mary Holland, the director of Public Health Nursing for the City of Orange, these statistics are the result of a culmination of factors made by the Healthy Start Program currently at the Hospital Center at Orange and the Healthy Mothers/Healthy Babies Orange Perinatal Program.

"Pregnant women are able to be seen for prenatal care under 'Presumed Eligibility' which means that there is no income criteria, everyone is eligible. The thrust of the program is to encourage prenatal care through outreach efforts. We assist these women by overcoming various barriers while they're pregnant including housing issues, substance abuse, and proper nutrition. We try to meet

their basic needs so that they can focus on the needs of their growing fetus," said Mrs. Holland.

A recent audit by the State Health Department of immunization record of children enrolled in Baby Clinics revealed that 93 percent of children two years of age registered in the clinics were age appropriately immunized, exceeding the State's Healthy 2000 goal of 92 percent.

"I congratulate the Orange Nursing Division on these efforts. The Orange Nursing team has worked hard in the city of Orange to identifying and challenge many social, economic and behavioral problems facing pregnant teenagers and young women. Their efforts have helped to bring about these recent statistics. Their dedication and compassion for nursing has directly affected our community and I commend them," said Mayor Robert L. Brown.

The program has been funded for the past six years by the New Jersey State Health Department through the HM/HB Coalition of Essex. The main purpose of the program is to identify pregnant teenagers and women who live in Orange, who are not under medical care and to assist them to identify and overcome any barrier which prevents them from obtaining prenatal services. Special focus has been given to identifying drug abusing pregnant women. Case management of at-risk pediatric cases, especially children of mothers delivering with no prenatal care, is also provided.



The Orange Perinatal Program Staff is seen here in the office located at 325 Mechanic St.: Pictured from (l-r) Laury Tilus, Outreach Worker; Barbara Otto, RN, Program Coordinator; Denise Richardson, RN; Margaret Simmons, Outreach Worker.

Public Health Case management, education, and outreach services are provided by a staff consisting presently of two public health nurses, one who functions as coordinator, and two part-time Outreach workers, one of whom speaks Spanish. In addition, funding from the Prudential Foundation provides two additional part time Outreach Workers who speak French and Creole, serving the Haitian popu-

lation in Orange.

The Program has been in existence for two and a half years and is located at 325 Mechanic Street Unit 106, a housing unit of the Orange Housing Authority. If you know of anyone who is in need of prenatal care please call Barbara Otto, RN, Coordinator of the Perinatal Program at 201-676-8884 or the Orange Nursing office at 201-266-4080.

When your body gives a shout out ...

by Gina Stewart

"I have a taste for..." How many times have you said that? We've all experienced food cravings. While hunger means your whole body needs to reboot, a craving usually signals your body's need to replenish certain nutrients and your body craves foods that have what it's looking for.

Have you ever had a "balanced" meal and then gotten an irresistible urge for ice cream an hour later? What your body might be saying is "Yo stop frontin' on the calcium (without which your heart can't beat)!" But there are healthier sources of calcium than ice cream and if your meals were truly balanced you wouldn't have had the craving in the first place.

By the time you get a craving your body may be so desperate for the particular nutrient(s) it will suggest the quickest fix it can think of. That's why so many of us make that mad dash for the candy. It contains carbohydrates which your body converts into glucose (blood sugar). Your brain needs glucose at all times or your entire body will shut

down!

Cravings are no joke. Sometimes you get one when your body has too much of something, like sodium, and needs a potassium-rich food (like bananas) to counteract the imbalance. Enter: The Balanced Diet. Different vitamins and minerals actually battle one another but when you have the proper amounts they work harmoniously for the benefit of the whole body. Cravings tell you when the harmony has been disrupted. If you don't treferee the throw-down your body turns on you with headaches and such.

But we won't even let it come to that. Now that you know what's up you're going to prevent your body from having to crave anything!

First: You have to have enough chromium polynicotinate—90 percent of Americans don't! It's a vital mineral used by every tissue in the

body. It shares the work of insulin in regulating blood sugar levels and can in some cases prevent diabetes. Chromium also reduces the amount of sugar your body converts into fat. Many who lack enough chromium have difficulty losing weight. This reduces cholesterol and the risk of heart disease. Best sources: Brewer's yeast, beef, calf liver, whole wheat bread.



Second: Have six small balanced meals per day instead of three big ones. Your body needs small regular doses of nutrients not a bushel of food every now and then. Why? When overfed the body all but stops everything it's supposed to be doing (that's why you feel tired after a large meal) to work on getting rid of extra food. Absorbing the nutrients is no longer the priority. Your kidneys suffer most. They slow down allowing toxins and waste products to linger in your blood

stream (that's ill) while they get overworked trying to discard the extra nutrients.

Third: A truly balanced diet has to be done individually. The amount of calories and nutrients you need depends on your age, size, life style and other personal factors. If you can't see a doctor or nutritionist about developing a truly balanced diet, check out your health teacher or the school nurse. However the following will help you construct a generally balanced diet.

The body must have the following:

Proteins—Proper complete proteins are our building blocks. They literally build the body into a body and aid in the production of hormones. Best sources: meat, fish, dairy, breads and grains.

Electrolytes (minerals)—Electrolytes are the "on" switch for the whole life process of the body. Best Sources: fruits and vegetables.

Catalysts (vitamins)—Catalysts facilitate the absorption of minerals into the cells. The vitamin type (A, B, C, etc.), determines which mineral goes to which cell. Best Sources: fruits and vegetables.

Glucose (sugar)—Fuel for your body. You need the proper kind and amount of sugar in your body. Fructose sugar, not table sugar is what you need. Best Sources: fruits

and honey.

Water—Water sustains life. It flushes your system and balances biological processes.

Some popular cravings:

If you crave...

...chocolate or candy, then you probably need sugar

...fast food, then you probably need, to replenish everything—especially fat

...potato chips or pickles, then you probably need salt

Try eating

...granola, raisins, apples

...salad with cheese or meat prepared without frying

...cheese, orange juice, tuna fish

HB PULSE

Hearty congratulations



Carl Pellington (center) and his wife Grace were honored by Clayton Boulware, vice president, Prudential Community Initiatives Division (1.) and Len Fishman, New Jersey commissioner of health during the kick-off ceremony of the second year of The Prudential Helping Hearts Program. Mr. Pellington suffered a heart attack last year and was revived with a portable cardiac defibrillator purchased by the Pequannock Township Volunteer First Aid & Rescue Squad through the Helping Hearts Program. The event was held at the Statehouse Rotunda.

Newark Beth Israel Medical Center's medical records staff honored during Health Information Week



NEWARK—In recognition of National Health Information Management Week, staff members in Newark Beth Israel Medical Center's Department of Medical Records held an open house to showcase the department, which has 33 full-time employees. It maintains and stores all patient records, provides data analysis, coding of records and supervises the release of patient information when requested by insurance companies, patients, physicians and attorneys. Besides supervising the proper release of patient information, the department ensures the quality and confidentiality of all patient records.

Shark cartilage pioneer



JERSEY CITY—Cancer researcher Dr. William Lane (left) spoke at Jersey City State College on "Shark Cartilage as an Alternative Remedy of Cancer: How It Works" at a program co-sponsored by JCSC's Lee Hagan Africana Studies Center and Medical Services Department during the College's second annual Health & Wellness Week. Lane discussed his book, *Sharks don't get Cancer: How Shark Cartilage Could Save Your Life*, with (from the left): Lilliam Rosado, a JCSC assistant professor of health sciences; Dan Wiley, director of JCSC's Lee Hagan Africana Studies Center; JCSC sophomore Chris Baran of Bayonne; and JCSC senior Rochelle Stevenson of Trenton. The world's leading expert on shark cartilage, Lane is a biochemist, marine expert and nutritionist who has pioneered the use of shark cartilage therapy for cancer and arthritis patients throughout the world.

Photo by: Buckley Photography

Mountainside Hospital honors long-service employees

Mountainside Hospital recently hosted its Fourteenth Annual Service Awards Dinner and Ceremony to honor employees with long-service to the Hospital, its patients and the community. Robert A. Silver, president/chief executive officer, Frances M. Tuite, R.N., vice president for Nursing, and Joseph G. Capezio, vice president for Human Resources, presented awards to employees with 25, 30, 35 and 40 years of service. Employees with 5, 10, 15



Charlie Lambert (left) of Newark honored for 30 years of service to Mountainside Hospital. Congratulating him is Robert A. Silver, president/chief executive officer.

and 20 years of service were also recognized during the ceremony, which was held at The Atrium West in West Orange. In total, Mountainside Hospital honored 266 long-service employees representing 2,620 years or 5,109,000 hours of service!

"We have come here this evening to

honor and pay tribute to a very special group of people," commented Mr. Silver. "You've always been there for us and our patients. No matter what your job, you have touched the lives of so many people in so many ways. And for that, we thank you."

Transplant recipients celebrate organ donation with the Walk of Life



PARSIPPANY—Hundreds of organ and tissue transplant recipients and their families joined in the inaugural Walk of Life at Liberty State Park to kick off National Organ and Tissue Donor Awareness Week and to call attention to the drastic shortage of donor organs.

The New Jersey Organ & Tissue Sharing Network (The Sharing Network) and the New Jersey chapter of Transplant Recipients International (TRIO) co-hosted the non-competitive walk. Other key sponsors of the event included Sandoz Pharmaceuticals, AT&T, Musculoskeletal Transplant Foundation, Lions Eye Bank of New Jersey, Cryolife and Poland Spring.

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Milwaukee

WISCONSIN



African World Festival



Skyline



Family Fun

Photographer: David La Haye

Yes, we all can get along, and Milwaukee is living proof of a city that respects its diversity. A city where African-Americans and many ethnic groups live in peace daily. One of Milwaukee's annual celebrations is the Sherman Fest - "Milwaukee's Hottest Blues And Family Festival" enters its 5th year in July. This festival is one of the largest and definitely the most diverse of Milwaukee's neighborhood summer festivals around. The festival takes place at Sherman Park, located at Burleigh and Sherman Boulevard. The event is sponsored by the Sherman Park Community Organization which consists of the homeowners and their families who live in the Sherman Park area.

The Sherman Park community is traditionally the most ethnically diverse community in

Milwaukee. One of the ways that ethnic culture is celebrated during the festival consists of a Jewish, Christian, and Muslim Sunday service. This service brings together the three major religious backgrounds of the residents in this community.

Other activities include music-blues and gospel being the highlights with live performances by local and national acts. Past artists have included such legends as A.C. Reed, Willie Kent, and Mighty Joe Young. The Blues Festival is held the 4th weekend in July at Sherman Park.

Pick up your local Black Newspapers: Milwaukee Community Journal, Milwaukee Courier, Milwaukee Star

ATTRACTIONS & HISTORIC SITES

•America's Black Holocaust Museum
2233 N. 4th Street
414-264-2500

•BC Art Gallery
919 East Ogden
414-277-1898

•City Ballet Theatre Dance Company
3908 W. Capitol Drive
414-445-3006
City Ballet Theatre, Inc. (CBT) was formed in April of 1986 with the aim of offering classical ballet, modern, and jazz dance training to students.

•Hansberry-Sands Theater Company
820 E. Knapp Street
414-272-7529
Preserving African-American life and history through theatrical

presentations. The ensemble acting company was established in July 1981, in response to a need for quality Black theater in Milwaukee. The fulfillment of this need had to reflect not only the cultural heritage of a race of people, but also the commonality of the human experience. The company's primary objective is to develop and encourage interest and support for the theater within the total community.

•Harambee House
The Gerald Duane Coleman Gallery
2358 N. 2nd Street
414-372-4499

•Historical Marker
St. Mark A.M.E. Church
4th & Kilbourn

•John Miles
Black Civil War Veteran Marker
2405 W. Forest Home Avenue

•Milwaukee Murals Tours
Milwaukee Inner City Arts Council
642 W. North Avenue
414-265-5050

•Potawatomi Bingo
1721 W. Canal Street
414-645-6888

•Walker's Point Center For The Arts
911 W. National Avenue
414-672-2787

•Wisconsin's Black Historical Society Museum
2620 W. Center Street
414-372-7677

DINING

•Bungalow Restaurant
3466 N. 14th Street
414-264-9117

•The Caribbean Inn
2335 W. Walnut Street
414-344-8939

•Center Street Fish Market
1212 W. Center Street
414-372-7030

•Community Sandwich Shop
3820 W. Florist Avenue
414-464-1990

•Country Hut Diner
1612 W. Center Street
414-263-1140

•Family Diner
1230 W. Burleigh Street
414-265-1338

•Grants Family Restaurant

411 W. North Avenue
414-263-2929

•Horace & Rita's West Indies Restaurant
4326 W. Center Street
414-445-1404

•King Street Deli
2475 N. M.L.K. Drive
414-562-5909

•Mama's Place
2246 N. 27th Street
414-933-8000

•North Avenue Fish Market
3521 W. North Avenue
414-444-9801

•Pat's Sealicious Seafoods
4724 W. Fond du Lac Avenue
414-445-9991

•Perkins Family Restaurant
2001 W. Atkinson

Avenue
414-447-6660

•Q.F. and H. Diner
3349 N. M.L.K. Drive
414-372-2710

•Redd's Snapper Seafoods Inc.
3265 N. Holton Street
414-374-5585

•Speed Queen Bar-B-Que
1130 W. Walnut Street
414-265-2900

ENTERTAINMENT
•Boobie's Place
502 W. Garfield Avenue
414-263-3399

•Cibani's
4704 W. North Avenue
414-444-2001

•Court MVP
5700 W. Fond du Lac Avenue
414-527-1800

(Continued on page 10)

Newport



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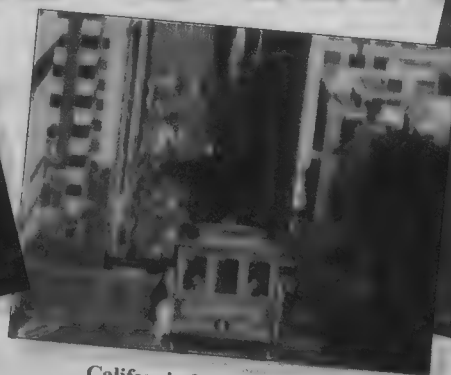
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San Francisco



China Town at Night



California Street Cable Car



Golden Gate Bridge

Photographs Courtesy of San Francisco CA B

San Francisco, the Gold Rush of 1849, was where many African-Americans rushed for economic upliftment and freedom from the hardships of slavery. Elizabeth L. Parker from the University of San Francisco delved into the history of the United States and investigated the unbalance of how most major United States historical works relied on white regional studies, which led to the neglect of Black history, regional as well as national, except as it occurred during such periods as slavery, the Civil War, Reconstruction, and the Black Revolution of the 1960s.

Elizabeth L. Parker's "The Walking Tour of the Black Presence in San Francisco During the Nineteenth Century" is one of San Francisco's culture sites and is the most explicit invitation featuring nine streets of culture back into the Black heritage of San

Francisco. Ms. Parker brings us to the exact spot where the past and present of African-Americans who have known the city as residents come together in quest of a bright, new promising future. Moreover, these nine important downtown streets, upon which the tour is focused, tell the story of how it all began with personal heartstrings and lifelines reaching across the continent and Black hands holding them together at both ends.

Although the walking tour is an attempt to center attention on some of the neglected Black persons in San Francisco local history, it is anticipated that it will also stimulate further historical investigation.

Pick up your local Black Newspapers: Oakland Post, San Francisco Reporter

•CULTURAL INSTITUTIONS

•African-American Historical Society
Fort Mason Center, Bldg. C-165
415-441-0640
Provides the Bay Area with a museum, gallery, and research library to promote and preserve the history and accomplishments of African-Americans.

•Bayview Opera House
4705 Third Street
415-824-0386
The first Opera House built for the city of San Francisco. Constructed in 1888, the facility was the only theater to survive the 1906 earthquake and fire. Today the building serves as a cultural

center for the Bayview Hunter's Point community.

•Center For African And African-American Art And Culture
762 Fulton Street
415-928-8546
Situating in a renovated brewery, the center is a respected forum for artists and educators.

•Fort Point National Historic Site
Presidio of San Francisco (At the base of the Golden Gate Bridge)
"Ready And Forward" a photographic exhibit chronicling the African-American soldier from the Revolutionary War through the Vietnam conflict.

•The Jewish Museum
121 Steuart Street
415-543-8880
"Bridges And Boundaries: African-Americans and American Jews" an exhibit co-sponsored by the Jewish Museum and the National Association for the Advancement of Colored People (NAACP), includes over 300 artifacts, photographs, painting, and sculptures illustrative of decades of conflict and cooperation between these two cultures.

•Lorraine Hansberry Theater
500 Sutter Street
415-474-8800
Live performance, regional theater, drama, comedy, musical, experimental, etc.

•Wajumbe Cultural Institution
762 Fulton Street
415-563-3519
An umbrella organization for African-American music and dance groups, presents annual "Celebration of African-American Dance and Music Experience."

•Big Nate's Bar-B-Que
1665 Folsom street
415-861-4242

•Blackburn's Pit Barbeque
1338 Ocean Avenue
415-239-7115

•Brave New World
1751 Fulton Street
415-441-1751

•Collier's Bar-BQue
1516 Ocean Avenue
415-585-6568

•Geva's Restaurant
482A Hayes Street
415-863-1220

•Massawa Restaurant
1538 Haight Street
415-621-4129

•Monte Carlo
1705 Yosemite Avenue
415-822-7338

•Nyala Restaurant
39 Grove Street
415-861-0788

•Pasano Madra Cuisine
1875 Union Street
415-922-4498

•The Grapevine
1775 Fulton Street

415-931-3848

•Thiggy's Restaurant @ Lincoln Park
34th Avenue & Clement Street
415-221-8727

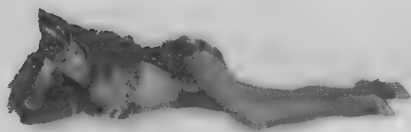
•Embassy Restaurant & Lounge
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415-885-0842

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415-474-5430

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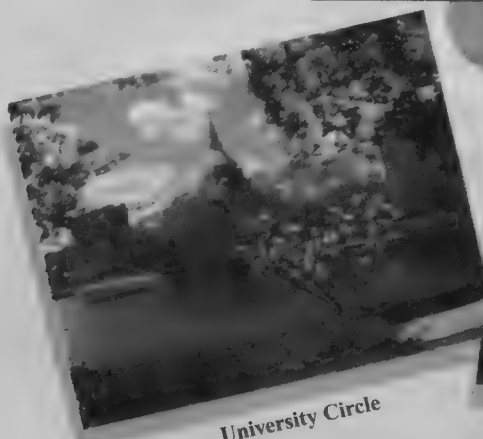


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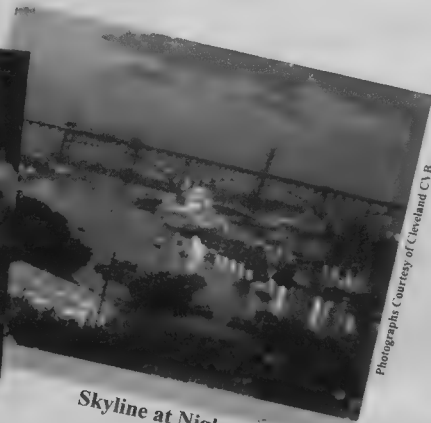
Cleveland



University Circle



Karamu House



Skyline at Night

Photographs Courtesy of Cleveland City

Since the early 1800's, Cleveland has had a strong African-American community. The first known African-American settler, George Peake, took up residence here in 1809. Others followed and by 1860, the city's African-American population numbered 799. Throughout most of the 19th century, African-American residents enjoyed a thriving community where integration was commonplace and racial discord almost nonexistent. In this environment, many prospered and rose to positions of prominence in the community.

By the start of World War I, mass migration from the South had expanded Cleveland's African-American population to nearly 10,000. Most of these newcomers settled in the Central Avenue district around East 40th Street, but by the 1930's the heart of the Black

community had moved to the Cedar Avenue area where a number of minority businesses and churches thrived. During this period several social and fraternal organizations were established, such as the NAACP and the Future Outlook League. By the 1960's, when Clevelanders elected Carl B. Stokes, the first Black mayor of a major American city, the African-American population had jumped to more than 251,000. Today, African-Americans comprise nearly 47 percent of the total population, and under the stewardship of two-time mayor Michael R. White, Cleveland is experiencing an impressive economic comeback.

Pick up your local Black Newspaper: Cleveland Call & Post

ATTRACTIONS & HISTORIC SITES

·African-American Archive
Collection Of The Western
Reserve Historical Society
10825 East Boulevard
216-721-5722

Photographs, records, memoirs of prominent Black Clevelanders.

·African-American Assiento
Memorial Museum
8716 Harkness Road
216-229-9990
Slave artifacts, other memorabilia.

·African-American Museum
1765 Crawford Road
216-791-1700
Exhibits, films, lectures highlight the African-American culture.

·Artwork By Willie
4336 Lee Road
800-464-5149
African-American art, photographs, portraits, landscapes.

·Call & Post Building
1949 East 105th Street
216-791-7600
Home of the oldest Black newspaper in Ohio.

·Cleveland Center For
Contemporary Art
8501 Carnegie Avenue
216-421-8761
Exhibits by today's most established contemporary artists in five galleries.

·Cleveland Museum Of Art
11150 East Boulevard
216-421-7340
World famous collection of art represents all cultures and periods.

·Cleveland Museum Of Natural
History
1 Wade Oval
216-231-4600
Live and stuffed animal exhibits, rock gems and minerals, planetarium.

·Col. Charles Young Park
Corner of E. 46th Street, Carnegie
& Prospect Avenues
Recently dedicated park honoring
World War II's highest ranking
Black soldier.

·Crawford Auto-Aviation Museum
10825 East Boulevard
216-721-5722
Over 200 vintage and rare vehicles in turn of the century setting.

·Malcolm Brown Art Gallery
20100 Chagrin Boulevard
216-751-2955
Gallery showcasing work of owner Malcolm Brown and other regional and national artists.

·Master Art Gallery
9114 Buckeye Road
216-721-9652
Collection of African-American photograph and prints.

·Snickerfritz
13240 Euclid Avenue

216-851-6910
African-American art.

·The African-American Heritage
Trail
216-999-4876 or 216-541-6025
Self-guided tour takes you to 16 different destinations of interest.

DINING

·Angie's Soul Food Kitchen
515 Euclid Avenue
216-881-9400

·Art's Seafood
16402 Euclid Avenue
216-681-2787

·Bubba's Q
2756 Van Aken Boulevard
216-295-1111

·Calorie Gallery Cafe
3710 Carnegie Avenue
216-431-1410

·Delights Of The Garden
11308 Euclid Avenue

216-229-7070

·Dock's Seafood
16049 Euclid Avenue
216-268-0770

·Everything And Then Some
16405 Euclid Avenue
216-531-2000

·Fat Fish Blue
1212 West Sixth Street
216-575-1009

·Hot Sauce Williams
12203 Buckeye Road
216-751-0440

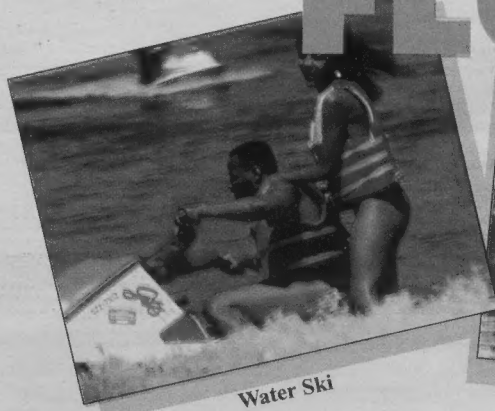
·Lancer At Midtown
7707 Carnegie Avenue
216-881-0080

·Larchmere Seafood
12100 Larchmere Boulevard
216-721-3474

·Lu Cuisine
1228 Euclid Avenue
216-241-8488

(Continued on page 10)

Fort Lauderdale FLORIDA



Water Ski



Las Olas



Sistrunk Wall

Photographs Courtesy of Fort Lauderdale CVB

Greater Fort Lauderdale, which encompasses 28 municipalities, 23 miles of wide, sandy Atlantic Ocean beach from Deerfield in the north to Hollywood in the south, plus over 300 miles of navigable Intracoastal waterways, is an ethnically diverse and multifaceted South Florida destination.

Arrival of the railroad in 1896 marked the beginning of Black settlers who made up the majority of work crews. They settled in towns that sprang up along the railroad tracks such as Deerfield Beach, Dania, and Hallandale.

Black heritage and history are evident in a number of long established and thriving neighborhoods. Most notable is the Sistrunk Boulevard Corridor along N.W. 6th Street,

from 5th to 12th Avenues in Fort Lauderdale. The Sistrunk Corridor is named after Dr. James Sistrunk, Broward County's first Black physician, who served his community for over four decades, delivering more than 5,000 babies. He was co-founder of Provident Hospital, the first hospital for African-American residents in the county.

The entry to the Sistrunk Business Corridor is eloquently introduced through the artistic talents of local artist Charles Mills. Mr. Mills has displayed a hand-painted mural wall depicting the evolution of Black history and culture in the area.

Pick up your local Black Newspapers: The Miami Times, Westside Gazette

ATTRACTIONS & HISTORIC SITES

·African-American Caribbean Cultural Center
5787 W. Sunrise Boulevard
305-321-5881

·Ashanti Cultural Arts Center
1350 E. Sunrise Boulevard
305-739-3903

·Dillard Cultural Art Museum
1001 N.W. 4th Street
305-765-6952

·I Am...Art & Images
1315 N.W. 40th Avenue
305-797-8685

·Museum Of Art
One East Las Olas Boulevard
305-525-5500

·Vinnette Carroll Theatre
503 S.E. 6th Street

305-462-2424

·Von D. Mizell Library
1401 Sistrunk Boulevard
305-765-4663

DINING
·Banana Grove Restaurant
2941 W. Sunrise
305-791-6719

·Betty's Restaurant & Catering
601 N.W. 22nd Road
305-583-9121

·BG's Place for Wings & More
2014 Sistrunk
305-767-6558

·Ida's Country Cooking
907 Martin Luther King, Jr. Blvd.
305-941-9624

·Jerk Machine Restaurant
4261 N.W. 12th Street

305-321-8556

·Joys Roti Delight
1235 N.W. 40th Avenue
305-587-7700

·McDuffie's Diner
304 Martin Luther King Jr.
305-942-8301

·Ponderosa Soul Food Restaurant
880 N.W. 25th Avenue
305-583-9906

·Riverwalk Eatery
215 S.W. 2nd Street
305-760-4373

·Soul Palace Restaurant & Lounge
1804 N. University Drive
305-423-6944

ENTERTAINMENT

·Elks Lodge Pride of Fort Lauderdale
712 N.W. 2nd
305-463-7474

·Krystals Restaurant & Lounge
451 N. State Road 7
305-792-4111

·Memory Lane Cafe
4220 N. State Road 7
305-739-5112

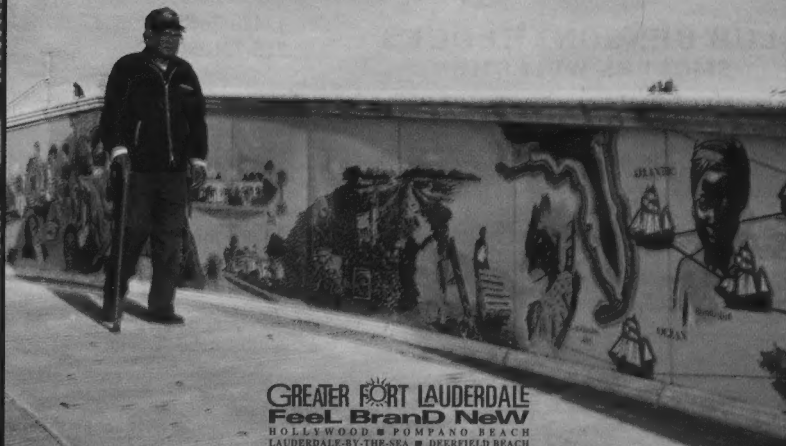
·Musician's Exchange Cafe
729 W. Sunrise
305-764-1912

·Stinger Lounge
6029 Miramar
305-981-0202

·The Castle
3801 W. Broward
305-581-0555

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TO AFRICAN-AMERICAN LIFE AND CULTURE.

Sistrunk wall mural by Charles Mills

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BLUES ALLEY JAZZ & SUPPER CLUB
FLORIDA AVENUE GRILL
FOX TRAP
TACOMA STATION

Fort Lauderdale, Florida
BETTY'S RESTAURANT
RIVERWALK EATERY

New York, New York
8 1/2 RESTAURANT
B SMITH'S
CAFE 44
ELAINE'S

Cleveland, Ohio
ANGIE'S SOUL FOOD KITCHEN

Charleston, South Carolina
FATASHA'S TASTE OF NEW ORLEANS

Milwaukee, Wisconsin
PERKINS FAMILY RESTAURANT
Q&H DINER



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Milwaukee, WISCONSIN (Continued from page 4)

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4411 N. 27th Street
414-447-9261

·Jazz Estate
2423 N. Murray
414-964-9923

·Jazz Oasis
2379 N. Holton Street
414-562-4040

·Jamaican Inn
3040 W. Atkinson Street
414-442-2197

·Jamie's Club Theatre
3945 N. 35th Street
414-445-5233

·Mardi's On Burleigh
Sports Bar
4200 W. Burleigh
414-442-2929

·Mister's
3418 N. M.L.K. Drive
414-264-7733

·Miss Emma's Place
2984 N. Teutonia Avenue
414-264-9639

·Saturday's
815 S. 5th Street
414-645-5119

·Tapp I
2901 N. 5th Street
414-263-9586

·Van Domes Nite Club
8082 N. 76th Street
414-355-6622

·Zarkos
4162 N. Teutonia Avenue
414-445-3538

SHOPPING
·Audie's Record Center
2204 W. North Avenue
414-342-4636

·Big Legs & Pretty Things
3805 N. Oakland Avenue
414-964-3805

·Di Hole In Di Wall Reggae
6211 N. Teutonia Avenue
414-462-8860

·Outstanding Discounts
10364 W. Silver Spring
414-466-6699

·Powell's Gift Shop
1524 W. North Avenue
414-562-9906

·Toro's Record & Gift Shop
1225 S. 16th Street
414-383-3388

Cleveland, OHIO (Continued from page 8)

·Nile Valley Restaurant
3760 Lee Road
216-561-9646

·Ninth Street Grill
The Galleria at Erieview
216-579-9919

·Vel's On The Circle
2201 Fairhill
216-229-5050

·Whitmore's Bar-B-Q
13187 Cedar Avenue
216-932-7427

ENTERTAINMENT

·30/30 Bourbon Street
12440 Euclid Avenue
216-721-6464

·Cain Park
Superior & Lee Roads
216-371-3000

·Cleveland Black Repertory Theater
3079 Albion
216-751-1900

·Cleveland Playhouse
8500 Euclid Avenue

216-795-7000

·Club Isabella
2025 Abington Road
216-229-1177

·Improv Comedy Club
The Powerhouse
2000 Sycamore Street
216-696-4677

·Karamu House
2355 East 89th Street
216-795-7070

·Mirage On The Water
510 Elm Street
216-348-1135

·The Reason Why
2775 South Morel and Boulevard
216-991-7000

·Sixth Street Under
1266 West Sixth Street
216-589-9313

SHOPPING

·A Pink Gorilla
1228 Euclid Avenue
216-687-7575

·African & Islamic Books Plus
3752 Lee Road
216-561-5000

·The Arcade
401 Euclid Avenue
216-621-8500

·Aurora Farms
549 S. Chillicothe Road
216-562-2000

·Beachwood Place
26300 Cedar Road
216-464-9460

·La Belle Femme
16614 Chagrin Boulevard
216-991-7488

·Malikah International Boutique
17122 Chagrin Boulevard
216-991-7770

·Ratus' Place
510 Euclid Avenue
216-687-8115

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